



Knowledge Organiser KS4 Cambridge Nationals PE

Year

10

Topic

Principles of Training

PRINCIPLES OF TRAINING (SPOR) DEFINITION

SPECIFICITY	Training is suited to the performers needs and the demands of their sporting activity
PROGRESSION	Training gradually increases in intensity over time to ensure the performer improves
OVERLOAD	Pushing the performer beyond their comfort zone in order to for the body to adapt and improve
REVERSIBILITY	If training stops then and fitness gained will be lost

OVERLOAD

FITT PRINCIPLE

FREQUENCY	How often the performer trains
INTENSITY	How hard the performer trains
TIME	How long the performer trains for
TYPE	The kind of training method a performer uses



SMART TARGETS

SPECIFIC	The goal must match their sporting activity
MEASURABLE	You need to know when the goal is completed so it must be able to be calculated
ACHIEVABLE	The performer must be able to reach the goal
RELEVANT	It must match the performers purpose
TIME-BASED	There must be a time frame so the performer knows when the goal has to be achieved by.