AS LEVEL PE - PROGRESS / TRACKING SHEET

PREPARATION AND TRAINING METHODS IN RELATION TO MAINTAINING PHYSICAL ACTIVITY AND PERFORMANCE

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
I understand the terms quantitative, qualitative, objective, subjective, validity and reliability for laboratory conditions and field tests									
I can explain the physiological benefits of a warm-up and cool-down									
I can explain the principles of training as SPORT and FITT									
I understand and am able to apply the principles of periodisation									
I can explain how interval, continuous, fartlek, circuits, weights and PNF training can improve physical fitness									