



%	I can ...	Prove it!
	<p>Know some physical benefits of a Warm up.</p> <p>Know some physical benefits of a Cool down.</p> <p>Understand the key components of A warm up.</p> <p>Know a suitable fitness test for Each component of fitness.</p> <p>Describe different types of training Methods.</p>	<p>Describe four physical benefits to your body of warming up:</p> <ol style="list-style-type: none"> 1) 2) 3) 4) <p>What are the key components of a warm up before physical activity?</p> <p>Describe four physical benefits to your body of cooling down:</p> <ol style="list-style-type: none"> 1) 2) 3) 4) <p>Describe an example of a fitness test for each component of fitness:</p> <ol style="list-style-type: none"> 1) 2) 3) 4) 5) 6) <p>Clearly describe how to do any three different types of training:</p> <ol style="list-style-type: none"> 1) 2) 3)
	<p>Know the six components of fitness.</p> <p>Know the four principles of training and FITT.</p> <p>Know examples of different types of training.</p>	<p>What are the six components of fitness?</p> <ol style="list-style-type: none"> 1) 2) 3) 4) 5) 6) <p>What does FITT stand for?</p> <p>F</p> <p>I</p> <p>T</p> <p>T</p> <p>What are the seven different types of training?</p> <ol style="list-style-type: none"> 1) 2) 3) 4) 5) 6) 7)

