

Summer Learning – GCSE Physical Education – **To be completed in your books.**

1) HIIT Training (high intensity interval training)

- What does it look like?
- Who would use it?
- What components does it develop?
- Can you find any examples of HIIT sessions?

2) Warming up

- Explain each phase of a warm up (pulse raise, mobility, stretching, dynamic movements, skill rehearsal)
- What are the benefits of warming up?

3) Cooling down

- Explain each phase of a cool down?
- What are the physical benefits of a cool down?

4) **Task-** You are leading a session on **basketball dribbling**, plan an appropriate warm up and cool down for this session.

Examination questions

- 1) Using a weight training programme as a basis for your answer, describe the principles of SPOR. **[6]** (CUSTARD, Plan your answer first)
- 2) The 30m sprint test is used as a test for speed. Explain why a table tennis coach is unlikely to use this test to measure his players speed? **[3]** (CUSTARD)
- 3) Discuss the relative importance of agility and reaction time for the performers in fig 7. **[6]** (CUSTARD, Plan your answer first)



Figure 7