

# knowledge Organiser Circuit Training

Big idea: outwitting opponents as an individual

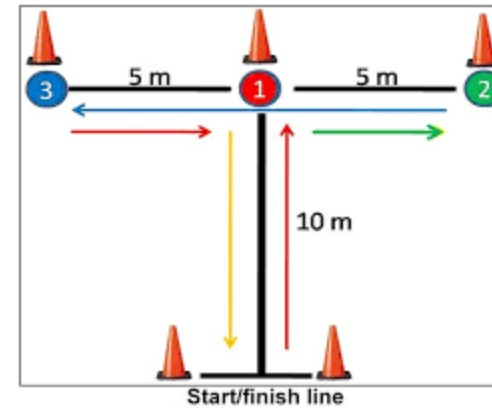
Circuit training: this is where different stations/exercises are used to develop aerobic endurance. The station order of exercises is important to ensure different muscle groups are used to avoid tiredness (fatigue). The time spent at each station, number of circuits, rest period between exercises and number of circuit sessions per week can be changed due to performance.

Agility = The ability of a sports performer to quickly and precisely move or change direction without losing their balance.

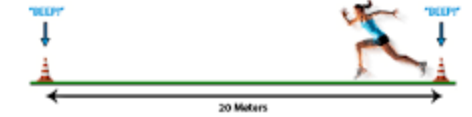
Power = The work done in a unit of time. It is the ability to apply a combination of strength and speed.  $\text{Power} = \text{Force (kg)} \times \text{Distance (m)} / \text{time (min or s)}$

Speed = The purpose is to determine acceleration, maximum running speed.

Endurance = To find out whether a sports performer can withstand the load expected to have during a long period.



Beep test Mp3  
320kbps recording



The jump height can be affected by  
> how much you bend your knees before jumping  
> the effective use of the arms

