

Year 9 PE Theory Worksheet: Introduction to AQA Training Principles

Name: _____ Class: _____ Date: _____

Task 1: The Principles of Training (SPORT)

Match the training principle to its correct definition by writing the correct letter (**A, B, C, D, or E**) in the middle column.

Principle	Match Letter	Definition
1. Specificity	_____	A. Increasing the workload gradually over time so the body continues to adapt.
2. Progression	_____	B. Matching training to the exact demands of the chosen sport, position, or energy system.
3. Overload	_____	C. Any fitness gains will be lost if you stop training or rest for too long.
4. Reversibility	_____	D. Fitness adaptations take time; you must stick to a long-term plan.
5. Tedium	_____	E. Varying your training methods or activities so you do not get bored or lose motivation.

Task 2: Applied Scenario Analysis

Read the scenario below and answer the questions using your understanding of the principles of training.

Scenario: Maya is a netball shooter. To improve her fitness during the summer heatwave, she decides to go for a 5km outdoor road run at the exact same steady pace, four times a week. After three weeks, she notices she isn't getting any fitter, and her shooting performance in matches hasn't improved.

1. Explain why Maya's 5km road runs are failing the principle of **Specificity** for her role as a netball shooter. What could she do instead to make it specific?

2. Explain how Maya can introduce **Overload** into her training program so her cardiorespiratory system continues to adapt and improve.

Task 3: Extreme Heat, Sweating, and Hydration

1. Briefly explain why our bodies sweat during hot weather exercise.
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2. List **three symptoms** of dehydration that a coach or PE teacher must look out for to keep players safe.