

Unit 2 Task Sheet 4

AC3.2: The methods of training for components of fitness.

Scenario: You have been asked by your PE teacher to produce a table for Key Stage 3 pupils that describes a training method for each of the components of fitness.

Component of Fitness	Training Method	Description of Training Method
CV Endurance		
Muscular Endurance		
Speed		
Strength		
Power		
Flexibility		
Agility		