

The principles of training

“Matching”



UNTAMEDED
EDUCATION

“Matching”

Task Instructions

1. Cut out the matching cards below.
2. Turn over each card so the writing is face down and mix them up.
3. Place the cards in two columns.
4. With a partner take it in turns to turn over two cards.
5. If you both agree the keyword matches the description then the person who turned them over gets to keep the cards. They also receive another turn.
6. Always make sure you return the cards back to their original place, face down.
7. The winner is the person with the most cards after all have been collected.

Variations/Extensions

1. Students make their own keyword and description cards. They could even draw a picture that represents the keyword.
2. Play individually or cooperatively as a group and see who finishes first.

The Learning

1. The brain loves to be challenged and stimulated. Combining keywords & descriptions with a puzzle or competition increases our chances of remembering the information.

“Matching”

TRAINING PROGRAMME	A SCHEDULE THAT MEETS THE INDIVIDUAL TRAINING NEEDS OF THE ATHLETE
SPECIFICITY	TRAINING THE RELEVANT MUSCLES, ENERGY SYSTEMS AND SKILLS FOR A SPORT
PROGRESSION	GRADUALLY INCREASING THE TRAINING TO AVOID INJURY
OVERLOAD	CHANGING THE FREQUENCY, INTENSITY, TIME AND TYPE OF TRAINING TO IMPROVE
REVERSIBILITY	ATROPHY OF THE MUSCLES AND FITNESS WILL DECREASE IF WE STOP TRAINING
REST AND RECOVERY	ALLOW THE BODY TO REPLENISH LOST ENERGY/FLUIDS AND REPAIR ANY INJURIES

“Matching”

FARTLEK TRAINING	EXERCISING WHILST CHANGING SPEED
INTERVAL TRAINING	PERIODS OF HIGH INTENSITY EXERCISE FOLLOWED BY REST
ANAEROBIC THRESHOLD	BETWEEN 80% AND 90% OF YOUR MAXIMUM HEART RATE
MAXIMUM HEART RATE	220 - AGE
PLYOMETRICS	EXERCISING USING DIFFERENT POWER JUMPING METHODS
AEROBIC THRESHOLD	BETWEEN 60% AND 80% OF YOUR MAXIMUM HEART RATE