

# The principles of training

“Matching”



**UNTAMED**ED  
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 turnover 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”

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

# “Matching”

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