

Year 10 Revision pack 6/8 mark questions

1) Cathy plays volleyball for a club. She takes part in fitness tests that are related to her volleyball performance the test results are shown in the table below.

Test	Result	Rating
Forestry step test	27 ml/kg/min	Poor
Vertical jump	29cm	Below average
Grip dynamometer	28 kg	Below average

Using the results of the fitness tests discuss different training methods that Cathy could use to improve her volleyball performance. (8 marks)

2) Free weights can be used to develop muscular strength, elastic strength and muscular endurance.

Select the intensity (%1RM) and repetitions from the list below to match the goal of these athletes;

a) Rower – Goal: to develop endurance

Intensity = _____% 1RM Repetitions = _____ (2)

b) Weight Lifter – Goal: to develop muscular strength

Intensity = _____% 1RM Repetitions = _____(2)

c) Sprinter – Goal: to develop elastic strength

Intensity = _____% 1RM Repetitions = _____ (2)

Intensity choices:

30-40% 1RM,

50-60% 1RM,

75% 1RM,

70-80% 1RM,

90% 1RM,

100% 1RM

Repetition choices:

2reps,

6reps,

12reps,

15reps,

20reps,

50reps

1) What are the 3 types of speed training and what type of sports performers would benefit from each of the methods. Explain your choices. (8 Marks).

Task	Sentence starters
<p>Pass- Learners will describe the three types of speed training.</p> <p>✓ Correctly state the three types of speed training</p>	<p>One type of speed training is.....</p> <p>Another type of speed training is</p> <p>The third type of speed training is.....</p>
<p>Merit - Learners will be able to describe each method of speed training</p> <p>✓ Describe each speed training method</p>	<p>Hollow sprints are when.....</p> <p>Interval training is when.....</p> <p>A speed training session that used accelerative sprints to improve speed would involve.....</p>
<p>Distinction- Learners will be able to explain which athletes would benefit from each type of speed training</p> <p>✓ Give examples of which athletes would benefit from each speed method of speed training</p>	<p>An athlete that would use hollow sprints is..... this is because.....</p> <p>An athlete that would use interval training is..... this is because.....</p> <p>An athlete that would use accelerative sprints is..... this is because.....</p>