|  |  |
| --- | --- |
| **Question:**  Discuss how an athlete could apply the principles of training in their fartlek training sessions in order to improve their performance in cross country running.  (6 marks) | |
| **AO1**  **Demonstrate knowledge and understanding of key terms**   * Identify and describe key terms |  |
| **AO2**  **Application of Knowledge**   * Describe and explain the key terms, link them to the question * Give examples to back up the explanations that you have made |
| **AO3**  **Evaluation and Analysis**   * Make a connection between the elements and impact on performance * Discuss the positives and negatives * Compare and contrast the points * Advantages and disadvantages of the points |
| **Conclusion**   * Use your previous points to make an overall summary or judgement |
| **Are you finished?**  Proof read your work Add any missing content using a \* Check SPaG for errors | |