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| **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
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| **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
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| **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
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| **Conclusion*** Use your previous points to make an overall summary or judgement
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| **Are you finished?**Proof read your work Add any missing content using a \* Check SPaG for errors |