WORK RIGHT

CORE 2: FACTORS AFFECTING PERFROMACE:
HOW DOES TRAINING AFFECT PERFORMANCE?

FOCUS:
TYPES OF TRAININING AND TRAINING METHODS

WORK RIGHT WEEKLY QUESTION:
Justify which type of training and training method/s would be most beneficial for a sprinter? **(6 marks)**

Fill in the blanks below straight from the syllabus

Students learn about:	Students learn to:
•	•
-	-

QUESTION'S GLOSSARY TERM : _____ (it's underlined above)

TERM'S DEFINITION: _____

_____

USING THE SYLLABUS AND THE KEY TERM, WHAT KEY POINTS DO YOU NEED TO ANSWER THE QUESTION? NB: Remember this is a 6 mark question

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STUDENT ANSWER:

TEACHER FEEDBACK:

REFLECTION: WHAT DO YOU NEED TO CORRECT OR INCLUDE TO IMPROVE YOUR RESPONSE?