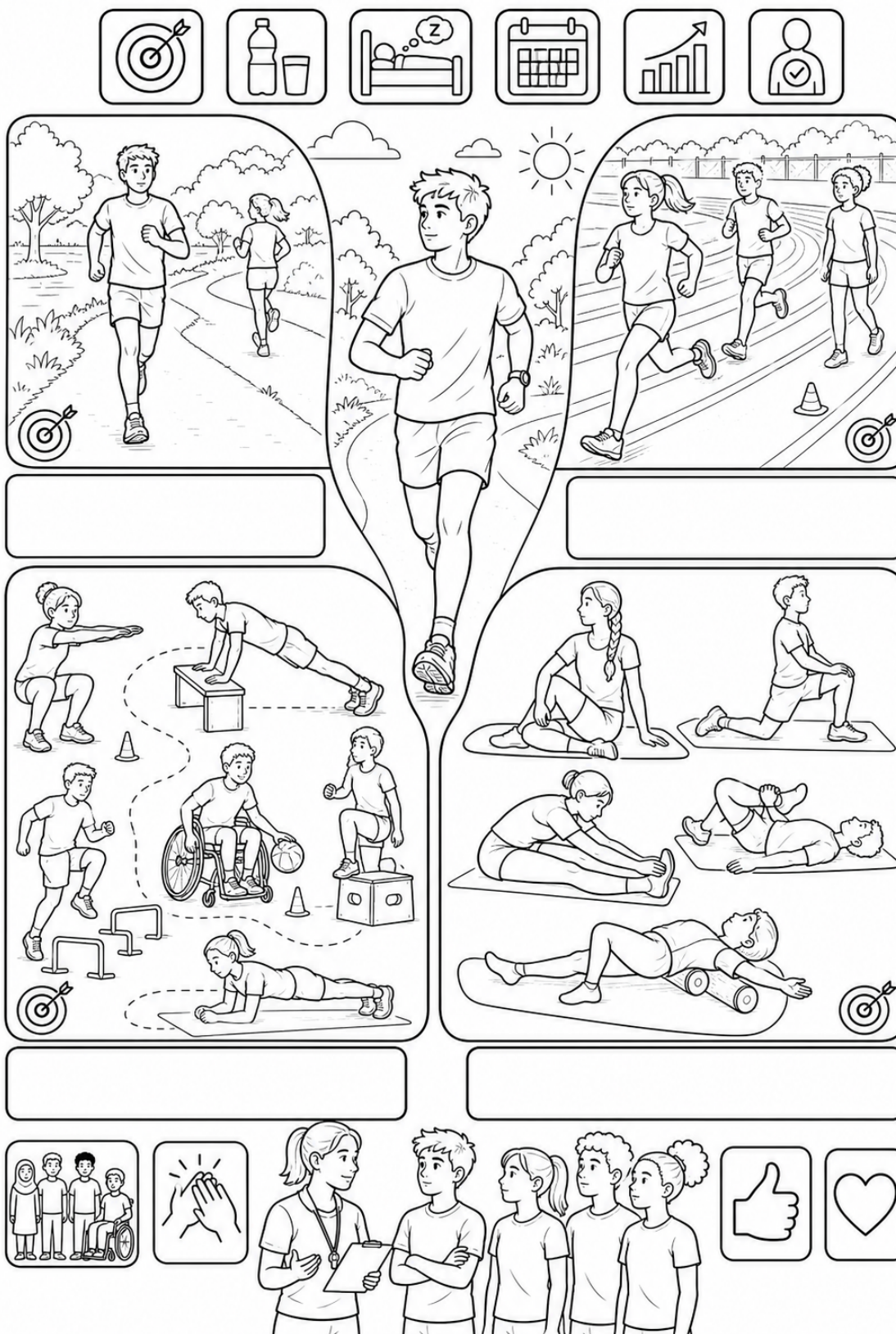


Training methods Activity Challenge Colouring Page

KS3 / Year 9 - Physical Education

Find four target symbols, identify each training method and explain how it supports safe 5 km preparation.



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Parent & Teacher Guidance

Curriculum focus

Topic: Training methods. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: DfE national curriculum programme of study for key stage 3.

Before you begin

Review the picture together and ask the learner what they already notice about Training methods. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Training methods. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Training methods can you explain using the picture?

Answers and checking

The four methods are continuous training for aerobic endurance, interval training alternating work and recovery, circuit training combining strength and agility, and flexibility/mobility work for range of movement and cool-down. A safe plan also includes hydration, rest, gradual progression and supervision.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
