**SAC Practice - Response Writing**

**Practical Activity 1 – Maximal (85-95%)**

***400m Sprint: 50m Split Times***

Using the acronym FRYEDIBAD outline the ***characteristics*** of the predominant energy system used. Make sure to relate it back to the data for every characteristic. Use data to support your answers.

Predominant energy system: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Outline the predominant ***fuel source*** used, why this is used and where it is stored? Use data to support your answers.

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Use the data to explain the ***major cause of fatigue*** and the difference in the 50m split times. Use data to support your answers.

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Outline the ***best recovery*** for this event. Use data to support your answers.

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Describe the ***interplay*** of the energy systems during this activity.

(Remember – FPC)

Use data to support your answers

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5 marks

**Practical Activity 2 - Submaximal Continuous**

***20m Shuttle Run Test (Beep Test)***

Using the acronym FRYEDIBAD outline the ***characteristics*** of the predominant energy system used. Make sure to relate it back to the data for every characteristic. Use data to support your answers.

Predominant energy system: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Outline the predominant ***fuel source*** used and why this is used and where it is stored. Use data to support your answers.

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What would be the ***major cause/s of fatigue*** in a ***marathon***? Use data to support your answers.

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Outline the ***best recovery*** for this event. Use data to support your answers.

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Describe the ***interplay*** of the energy systems during this activity.

(Remember – FPC) Use data to support your answers

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Use data to outline **Oxygen Uptake** during the 20m shuttle run.

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**Practical Activity 3 - Intermittent**

***Diminishing Sprints***

Time taken to run 50m

Using the acronym FRYEDIBAD outline the ***characteristics*** of the predominant energy system used. Make sure to relate it back to the data for every characteristic. Use data to support your answers.

Predominant energy system: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Outline the predominant ***fuel source*** used and why this is used and where it is stored. Use data to support your answers.

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Use the data to explain the ***major cause of fatigue*** and the difference in the times taken to sprint 50m. Use data to support your answers.

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Outline the ***best recovery*** for this activity. Use data to support your answers.

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Describe the ***interplay*** of the energy systems during this activity.

(Remember – FPC) Use data to support your answers.

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**Practical Activity 4 – Intermittent Team Sport**

***Netball***

**First**

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**Contributions**

*ATP-PC System*

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*Anaerobic Glycolysis*

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*Aerobic*

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**Predominant energy system and why**

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