

# **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: \_\_\_\_\_

F \_\_\_\_\_  
\_\_\_\_\_

R \_\_\_\_\_  
\_\_\_\_\_

Y \_\_\_\_\_  
\_\_\_\_\_

E \_\_\_\_\_  
\_\_\_\_\_

D \_\_\_\_\_  
\_\_\_\_\_

I \_\_\_\_\_  
\_\_\_\_\_

B \_\_\_\_\_  
\_\_\_\_\_

A \_\_\_\_\_  
\_\_\_\_\_

D \_\_\_\_\_  
\_\_\_\_\_

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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\_\_\_\_\_3 marks

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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\_\_\_\_\_5 marks

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

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\_\_\_\_\_2 marks

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: \_\_\_\_\_

F \_\_\_\_\_

R \_\_\_\_\_

Y \_\_\_\_\_

E \_\_\_\_\_

D \_\_\_\_\_

I \_\_\_\_\_

B \_\_\_\_\_

A \_\_\_\_\_

D \_\_\_\_\_





## 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: \_\_\_\_\_

F \_\_\_\_\_

R \_\_\_\_\_

Y \_\_\_\_\_

E \_\_\_\_\_

D \_\_\_\_\_

I \_\_\_\_\_

B \_\_\_\_\_

A \_\_\_\_\_

D \_\_\_\_\_

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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3 marks

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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5 marks

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

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2 marks





## 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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