

FUEL FORMATIONS

KS3|KS4

Parents Guidance Doc

TIMINGS

You should allow approximately **30 – 45 minutes** for this lesson

EQUIPMENT

- Pencil & Rubber
- Glue stick
- Safety scissors
- 3 x blank food formation worksheets
- 3 x food formations answer sheets
- Green, blue and yellow football icons to cut out and stick
- 1 x blank 'know your fuel' worksheet
- 1 x 'know your fuel' answer sheet

THE ACTIVITY

WARM UP EXERCISE – Watch our Food Formations video to prepare you for your first task'

ACTIVITY 1:

CONSTRUCT THE 3 DIFFERENT FOOD FORMATIONS: 15 mins

1. Show your child the 3 food formations
2. Using the 3 food formation sheet as a guide, ask your child to cut out the relevant coloured footballs and 1 construct fuel formations by sticking the footballs in the worksheet as per the three examples

ACTIVITY 2:

FOOD FORMATIONS: LOOK, READ & WRITE:

1. Ask your child to read the food formations information sheet
2. Ask your child to fill in the blank spaces on the fuel, repair and protect formations

ACTIVITY 3:

BASIC CARBOHYDRATE DIFFERENTIATION: 15 mins

1. Ask your child to identify each foods position on the know your foods scale
2. Guide players choices along the way & encourage interaction
3. Show child the correct positions using the answer sheet provided

LEARNING OUTCOMES

- Be able to identify the three food formations
- Be able to recall and write key information
- Be able to construct the 3 food formations
- Be able to differentiate carbohydrate content of common carbohydrate foods

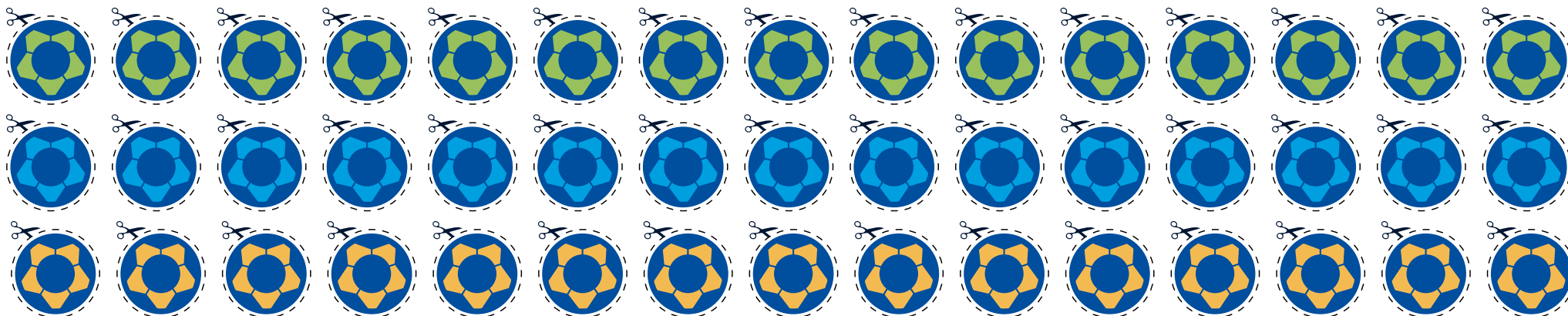
FOOD FORMATIONS CUT-OUTS

TASK 1

Create your very own food formation

Now you've watched our Food Formations video, now it's your turn!

Task 1 – You're going to create your very own food formation. Cut out the footballs below and use the Fuel Formation activity sheets to create your formations for fuel, protect and repair. If you get stuck, go back and watch the video again to help.



FUEL FORMATIONS

KS3/KS4



HIGH FUEL

ACTIVITY 2

COACHING POINTS



This is the formation to fuel _____ training and matches.



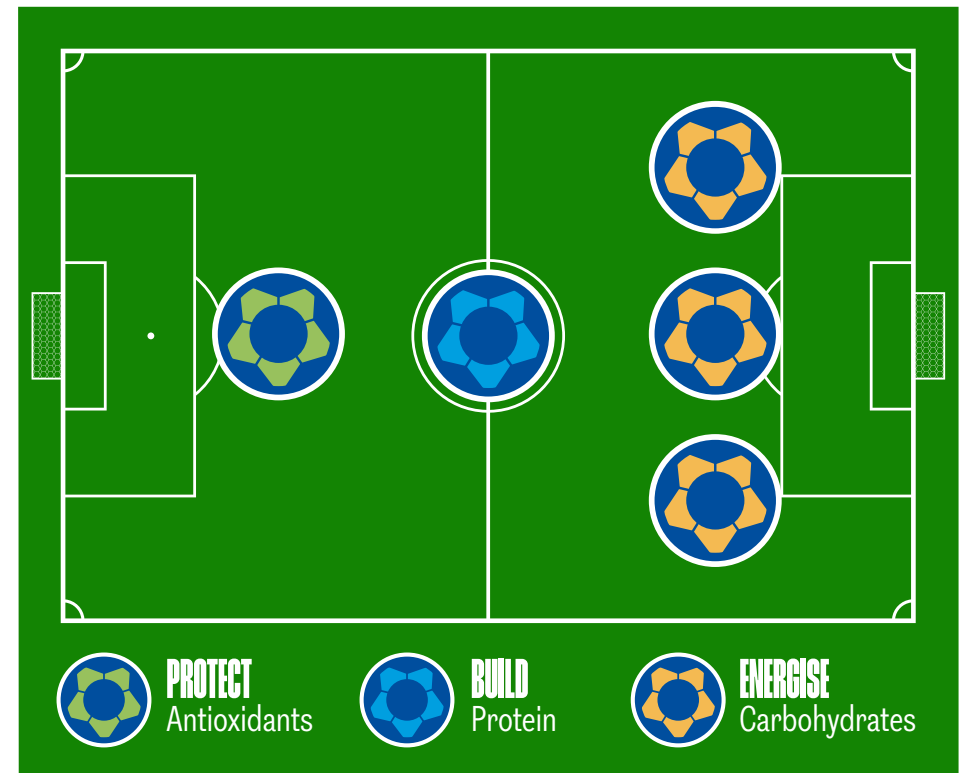
Your muscles require more high quality _____ to perform optimally.



Aim for _____ of carbs and attack your session or match.



This can also be implemented the day before a game to increase _____ your stores.



REPAIR FORMATIONS

ACTIVITY 2



COACHING POINTS



Ideal formation to fuel _____ intensity training.



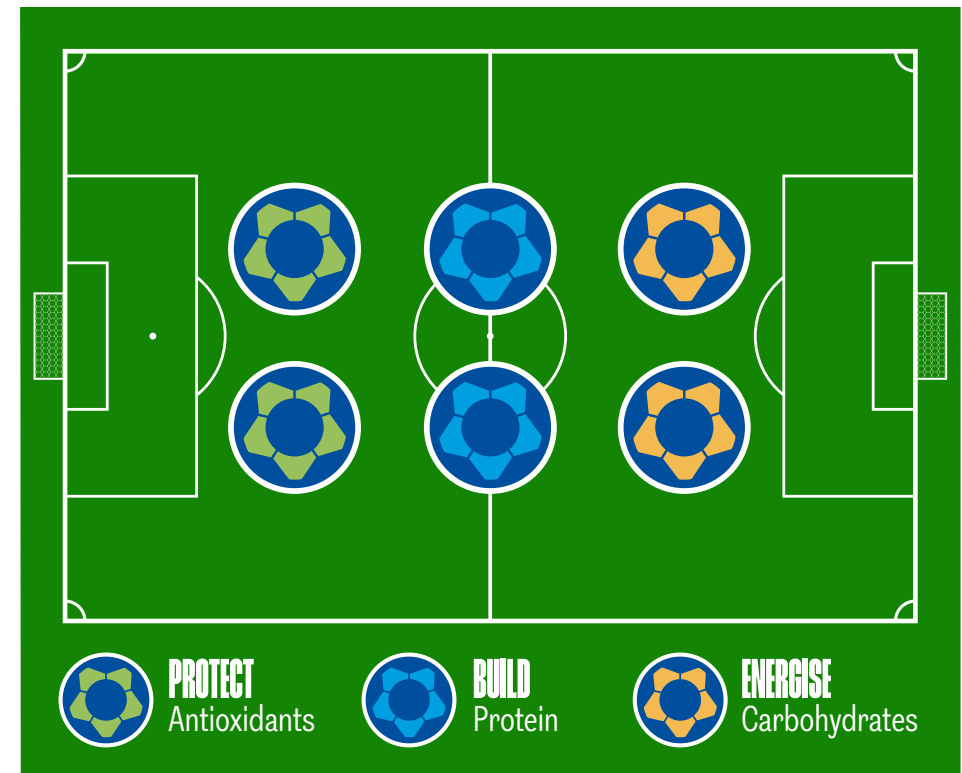
Your muscles require ____ fuel to perform.



Aim for _____ of carbs, protein and vegetables to keep things balanced.



This can also be applied the day _____ to repair muscles and speed recovery.



PROTECT FORMATIONS

ACTIVITY 2



COACHING POINTS



Ideal formation to _____.



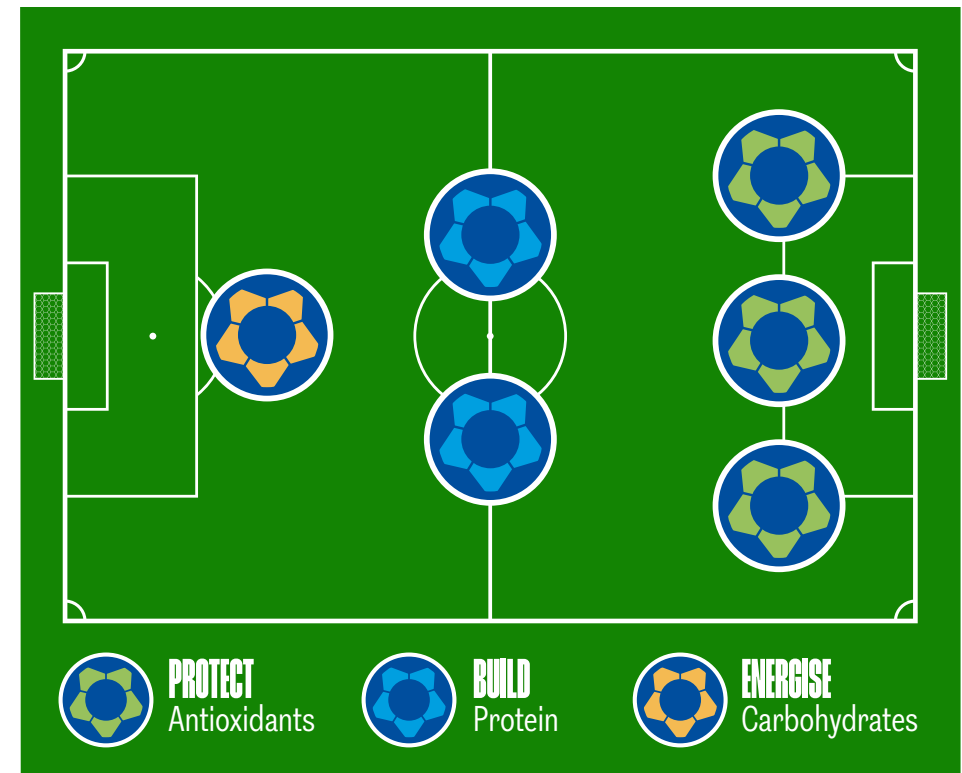
Your muscles require less fuel to _____.



Aim for _____ of fruit or vegetables.



This can also be implemented on _____.



FUEL FORMATIONS ANSWERS

ACTIVITY 2



HIGH FUEL

COACHING POINTS



This is the formation to fuel **high intensity** training and matches.



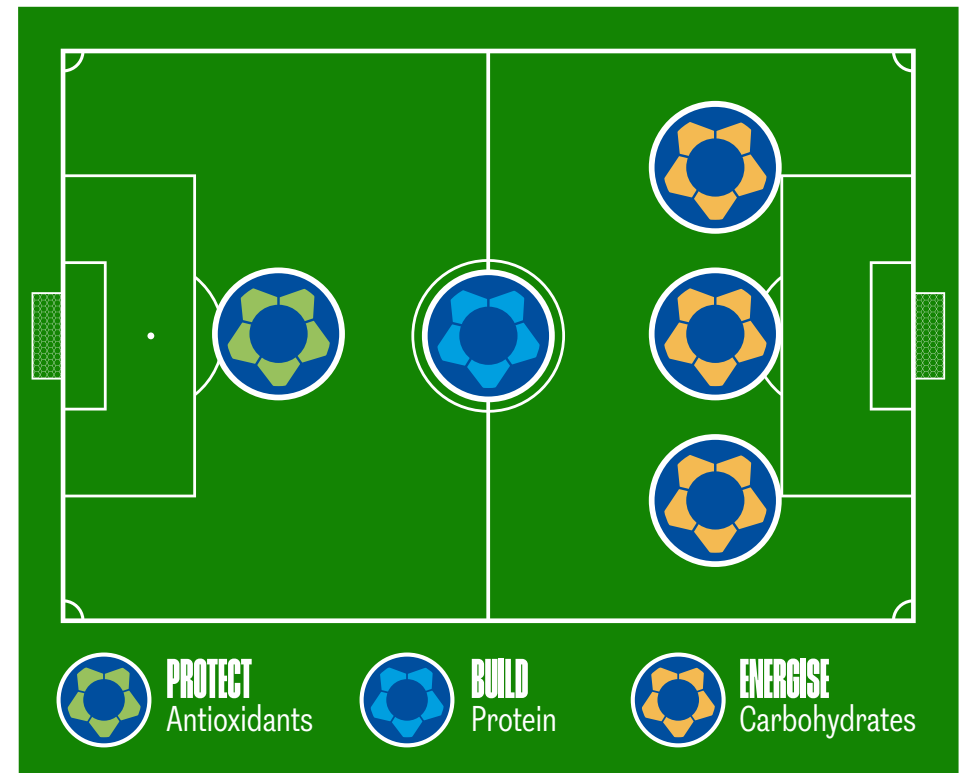
Your muscles require more high quality **fuel** to perform optimally.



Aim for **3 portions** of carbs and attack your session or match.



This can also be implemented the day before a game to increase your **energy** stores.



REPAIR FORMATIONS ANSWERS



ACTIVITY 2

COACHING POINTS



Ideal formation to fuel moderate intensity training.



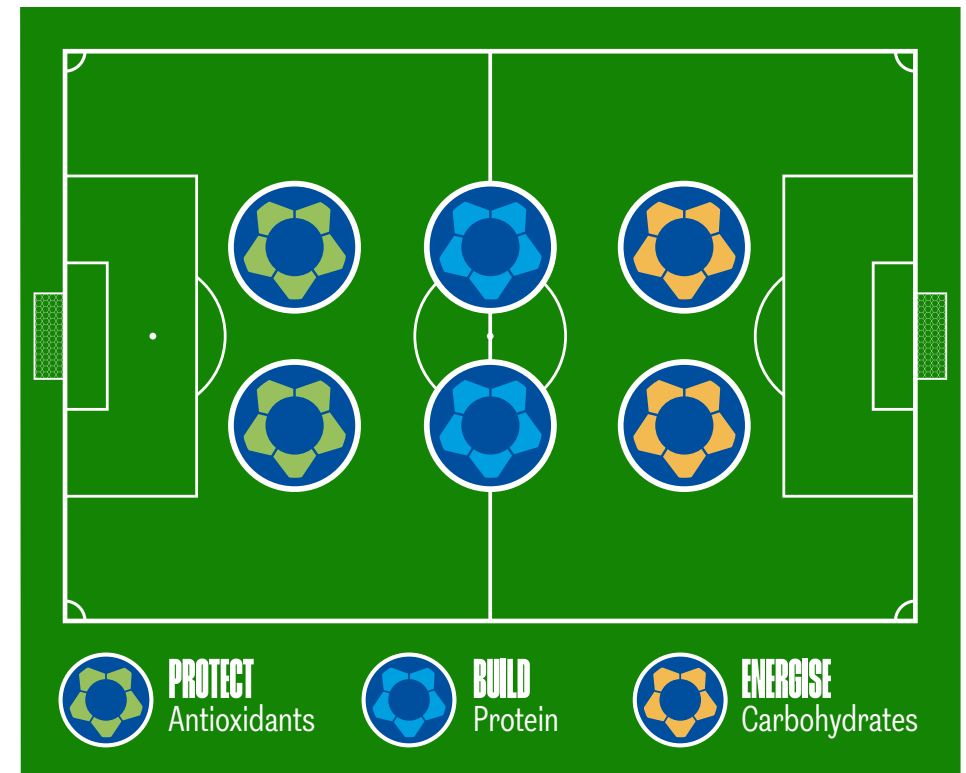
Your muscles require less fuel to perform.



Aim for 2 portions of carbs, protein and vegetables to keep things balanced.



This can also be applied the day after a match to repair muscles and speed recovery.



PROTECT FORMATIONS ANSWERS

ACTIVITY 2



COACHING POINTS



Ideal formation to fuel **lower intensity training**.



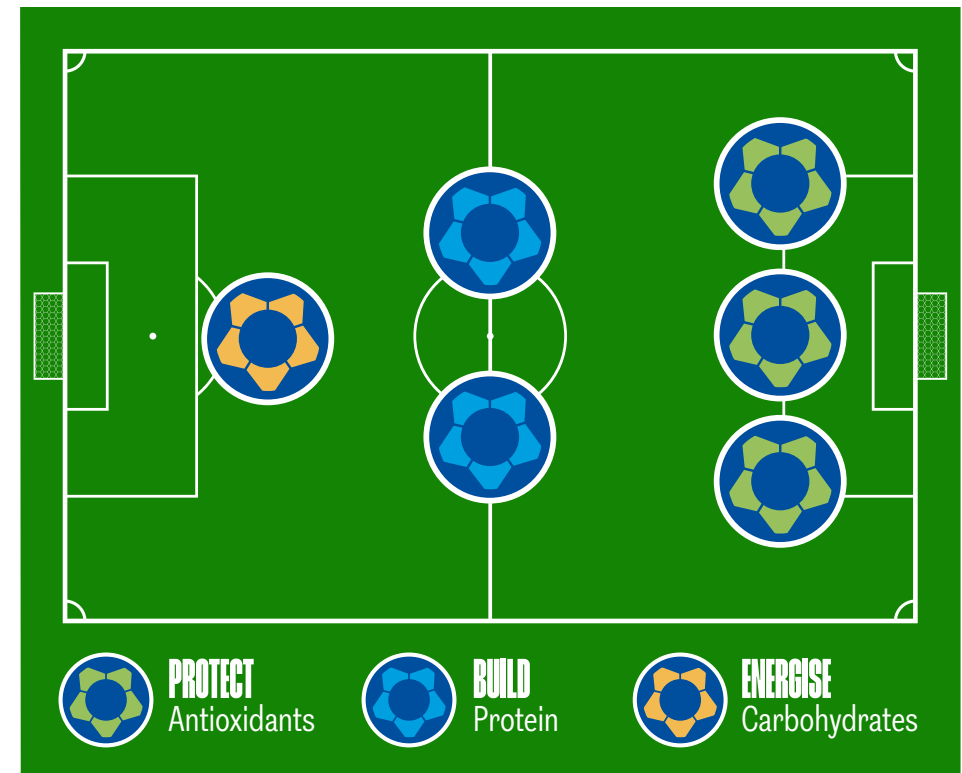
Your muscles require less fuel to **perform**.



Aim for **3 portions** of fruit or vegetables.



















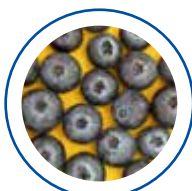










This can also be implemented on **rest days & light exercise days**.



KNOW YOUR FUEL ANSWER SHEET

ACTIVITY 3

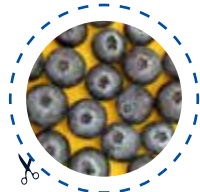
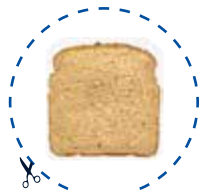
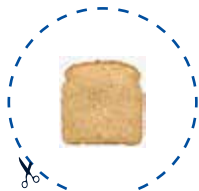
	<5-10g CARBS	<15g CARBS	<20g CARBS	<30g CARBS	<40g CARBS	<50g CARBS			
Starch and grains									
Fats and dairy									
Fruit and vegetables									

KNOW YOUR FUEL ACTIVITY SHEET CUT-OUTS

CAN YOU COMPLETE OUR FUEL CHALLENGE?

STEP 1

Cut out the pictures of all the different food on your sheet.



STEP 2

Put the food into the correct food groups?

STEP 3

Place your items of food in order of which you think have the lowest number of carbohydrates, to the highest number.

STEP 4

Check to see how you've done by taking a look at the answer sheet.

KNOW YOUR FUEL ACTIVITY SHEET

ACTIVITY 3

<5-10g CARBS	<15g CARBS	<20g CARBS	<30g CARBS	<40g CARBS	<50g CARBS