

# Personal Exercise Plan

Year 10	Details
<b>Learning Targets</b>	<ul style="list-style-type: none"><li>▪ Be able to identify the fitness requirements of specific sports</li><li>▪ Identify strengths and weaknesses by assessing fitness</li><li>▪ Identify and experience the principles and methods of training</li><li>▪ Create a six-training plan that will improve weaknesses and develop strengths</li><li>▪ Carry out the training programme and experience the improvements!</li></ul>
<b>Assessment Criteria</b>	<ul style="list-style-type: none"><li>▪ Analyse and comment on aspects of fitness that influence the quality and effectiveness of the performance</li><li>▪ Plan ways to improve the performance. Identify the principles and methods of training required to improve performance</li><li>▪ Show an understanding of how to monitor and evaluate progress towards improving weakness</li></ul>
<b>Structure Guidance</b>	<ol style="list-style-type: none"><li>1. Choose one sport that you take part in regularly and identify the important fitness components that are needed to perform well in this activity. (Use bullet points and keep information concise-explain how each point positively effects the performance)</li><li>2. Identify a top class performer in this sport and research their specific fitness qualities</li><li>3. Explain the ideal physique for this activity using somatotyping</li><li>4. Administer fitness tests in class (with teacher supervision) and record achievements. Identify strengths and weaknesses from this data</li><li>5. Design a six-week training programme to help improve specific aspects of your fitness. This should include the principles (SPORTP &amp; FITT) and methods of training used to improve the weaknesses highlighted. You should refer to the number of sessions planner per week, the length of each session and the duration of each task within the session</li><li>6. Keep a diary on the sessions. Make notes on how you felt during and after each session. Refer to your breathing rate, heart rate, temperature, fatigue levels etc. Identify any problems that you encounter and how you deal with them.</li><li>7. On completion of the six-week training programme, retest yourself using exactly the same tests again. Record the results and analyse. Identify any improvements made.</li><li>8. Present data from initial tests and retests in graph form, to highlight changes in fitness levels</li><li>9. State how these improvements will positively enhance your performance in your specific sport</li></ol>

<b>Presentation Format</b>	<ul style="list-style-type: none"> <li>▪ Rough work to be completed in exercise book</li> <li>▪ Final document should be presented in report form. Use the order of the 9 points above to organise information</li> <li>▪ Diagrams and pictures may be used to explain tests and methods of training</li> </ul>
<b>Key Words</b>	<p>Speed, strength, stamina, suppleness, reaction time, agility, co-ordination, power, fartlek, interval training, continuous training, circuits, weight training, 12 minute Cooper run, multi-stage fitness test, sit and reach test, Harvard Step test, Standing broad jump, Vertical jump, frequency, intensity, time, type, specificity, progression, overload, variety, peak</p>
<b>Key Facts/Points</b>	<ul style="list-style-type: none"> <li>▪ Use your class work to work on your PEP every week</li> <li>▪ Discuss your ongoing programme with your teacher</li> </ul>
<b>Sources of Information</b>	<ul style="list-style-type: none"> <li>▪ GCSE PE for OCR textbook available from staff and LRC</li> <li>▪ Class notes</li> <li>▪ Website Examples</li> </ul>
<b>Provision for Pupils with Special Needs</b>	<ul style="list-style-type: none"> <li>▪ Oral analysis of fitness in class time for practise - monitored by staff</li> <li>▪ Refer to class notes regularly</li> <li>▪ Use of photos or video to aid explanation</li> </ul>
<b>Provision for Gifted and Talented Pupils</b>	<ul style="list-style-type: none"> <li>▪ Advanced techniques for training used at club level may be included in their training programme</li> <li>▪ Detailed research of fitness statistics for top class performer</li> </ul>
<b>Deadline</b>	To Be Confirmed