

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Cross train 3 miles	Strength 3 miles	Rest	AEP 3 miles	Rest	Easy run 3 miles
2	Cross train 3 miles	Strength 3 miles	Rest	AEP 4 miles	Rest	Easy run 3 miles
3	Cross train 4 miles	Partials/ 4 miles	Rest	1000m 4 miles	Rest	Easy run 4 miles
4	Cross train 4 miles	Partials/ 4 miles	Rest	AEP 4 miles	Rest	Easy run 4 miles
5	Cross train 3 miles	Strength 3 miles	Rest	1000m 3 miles	Rest	Easy run 3 miles

The coursework element of the GCSE course is to complete a 6 week Personal Exercise Programme.

You will need to plan a 6 week training programme with a focus on improving a specific component of fitness



You will need to plan a 6 week training programme to improve a specific component of fitness. You will need to consider methods of training, principles of training & current levels of fitness.

A PAR-Q would be a good starting point

**SMART TARGETS/GOAL SETTING**

- Specific
- Measurable
- Achievable
- Realistic
- Time bound

# GCSE Physical Education Yr11 Term 1

## Implementing

Methods and principles of training will need to be applied to allow you to complete your 6 week training programme.

**Methods of training;** continuous, circuit, interval, fartlek, weight, plyometrics

**Principles of training;** FITT, specificity, progressive overload, rest & recovery, individual needs (overtraining & reversibility should be avoided)

## Evaluation

Fitness testing will need to be completed before and after the training programme to allow you to evaluate the successes of your PEP.

**Fitness Testing;** Cooper run, 30m sprint, Illinois agility run, standing broad jump, stork stand, grip dynamometer, sit ups, press ups, sit & reach

**Evaluate;** What did you improve? Why? Would you make any changes if you were to repeat it?

