

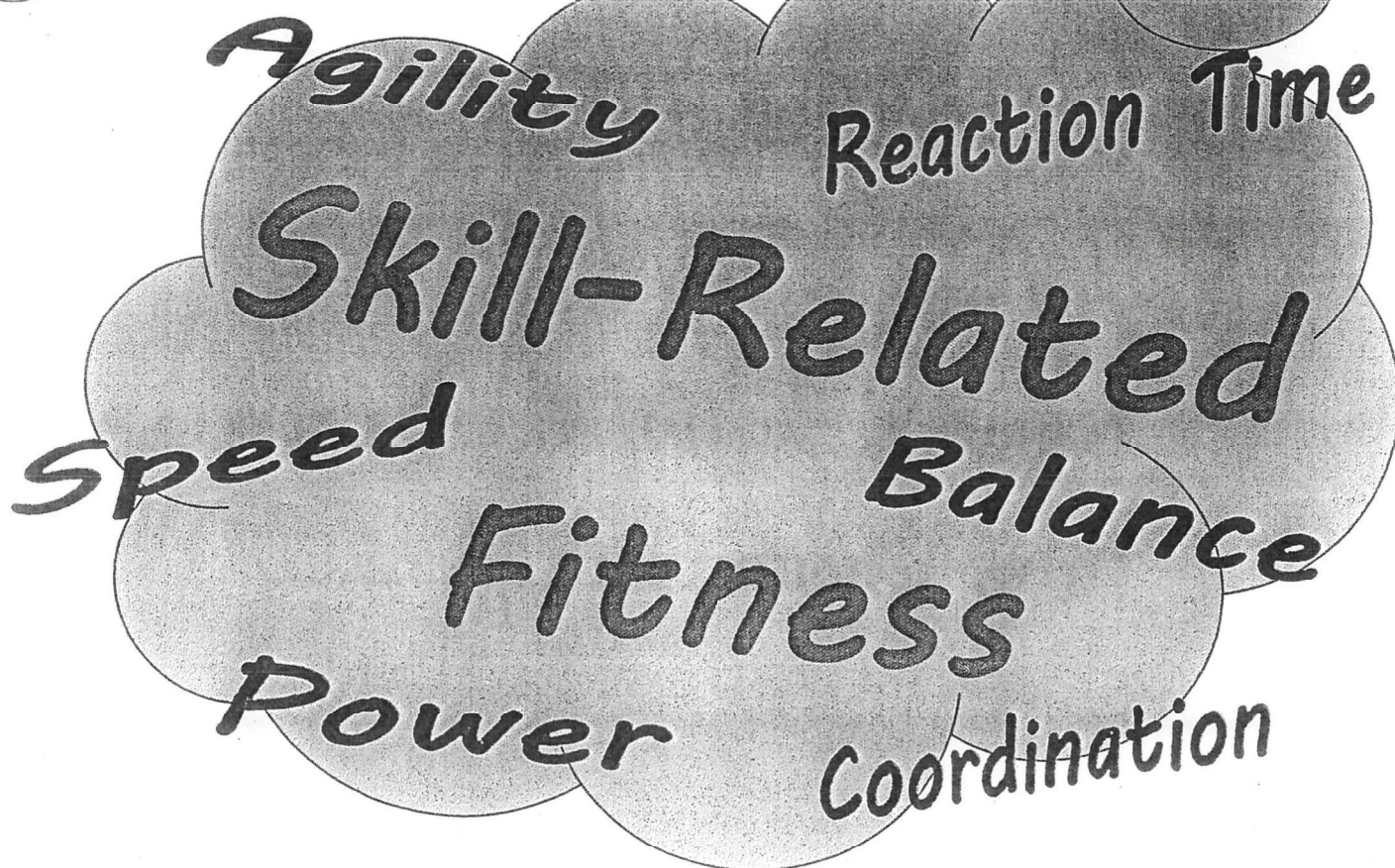
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~~XXXXXXXXXX~~

# GCSE PE

## Personal Exercise Programme

Name .....~~XXXXXXXXXX~~.....

Tutor Group.....C12.....



## Aims and reasons for doing a PEP

My aims/resons for taking part in a PEP are to improve my

speed

These can all help to enhance my performance and will help me to win in my sport.

I also want to

Reduce stress    Meet friends    look and feel better inside

Improve my confidence    Enjoy myself    Improve my health

My proposed PEP is

a general fitness programme designed for a specific sport

My specific sport is.....

The most important areas of health-related exercise and skill related fitness for BASKET BALL are

1. speed
2. power
3. Balance



## Fitness Test

What is this measuring?	Test	Measurement	Performance Assesment
	5 x 10m Shuttle Run (Secs)		
	Standing Long Jump (M)		
	Sit and Reach (cm)		
	Timed Sit Ups		
	Grip Dynamometer		
	Plank (Mins)		
	Beep Test		
	Sergeant Jump Test(cm)		
	Trunk Flexibility Test		
	Press Up Test		
	35m Sprint Test		
	12 minute Cooper Run		
	Alternate Hand wall throw		
	Ruler Drop Test		
	Illinois Agility Test		
	Stork Test		



## Analysis of Fitness Tests

From looking at my fitness test results I can see:-

My strengths are

1. ....power.....
2. ....Agility.....

My weaknesses are

1. ....Speed.....
2. ....Muscular endurance.....

Based on my aims, reasons, goals, targets and fitness profile.

Aim or reason for PEP	Exercise activity and training method to improve this aim	Justification for my choice of activity
Example: I want to improve my Cardio Vascular fitness	Example: Swimming - Continuous Training Method and some Interval Training	Example: Swimming is an aerobic activity/I can swim quite well/I have a swimming pool near to where I live/my friends like swimming

## Training session plan

Plan for a training session in speed

Date 18/10/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed - reaction and power	Ruler stop watch Cones

Time allocation for each section of the training session		
Warm-up	Main activity	Cool-down
1 min	15 min	3 min

Description of the main activity; for example, circuit lay-out or running course
<p>10 m x 5</p> <p>15 m x 6</p> <p>20 m x 7</p> <p>Rest : 10 seconds</p> <p>Cool-down : 3 min</p>

Resting pulse rate (RPR) 70 bpm	Working pulse rate (WPR) 110 bpm
Evaluation of the training session	
Maintain the same training	



## Training session plan

Plan for a training session in speed

Date 25/10/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed, reaction and power	Ruler Stop watch cones

Time allocation for each section of the training session		
Warm-up 1 min	Main activity 15 min	Cool-down 3 min

Description of the main activity; for example, circuit lay-out or running course
<p> <u>10m</u> x 5  <u>15m</u> x 6  <u>20m</u> x 7  Rest : 10 seconds  Cool-down : 3 min </p>

Resting pulse rate (RPR) 70 bpm	Working pulse rate (WPR) 106 bpm
Evaluation of the training session	
A little easy, it can be faster than before.	

## Training session plan

Plan for a training session in Speed

Date 1/11/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed and reaction power	Ruler Stop watch Cones

Time allocation for each section of the training session		
Warm-up 1 min	Main activity 14 min	Cool-down 3 min

Description of the main activity; for example, circuit lay-out or running course
$\begin{array}{rcl} \underline{10m} & \times 5 \\ \underline{15m} & \times 6 \\ \underline{20m} & \times 7 \end{array}$ <p>Rest : 9 seconds</p>

Resting pulse rate (RPR) 69 bpm	Working pulse rate (WPR) 107 bpm
Evaluation of the training session	
Easy. Increase the intensity	

## Training session plan

Plan for a training session in Speed

Date 8/11/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed and power. reaction	Ruler Stop watch Cones

Time allocation for each section of the training session		
Warm-up 1 min	Main activity 15 min	Cool-down 3 min

Description of the main activity; for example, circuit lay-out or running course
$\frac{10m}{\quad} \times 6$ $\frac{15m}{\quad} \times 7$ $\frac{20m}{\quad} \times 8$ <p>Rest : 10 seconds</p>

Resting pulse rate (RPR) 70 bpm	Working pulse rate (WPR) 112 bpm
Evaluation of the training session	
Maintain the training	



## Training session plan

Plan for a training session in Speed

Date 15/11/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed - reaction and power	Ruler Stop watch Cones

Time allocation for each section of the training session		
Warm-up	Main activity	Cool-down
1 min	15 min	3 min

Description of the main activity; for example, circuit lay-out or running course
<p><u>10m</u> x 6</p> <p><u>15m</u> x 7</p> <p><u>20m</u> x 8</p> <p>Rest: 10 seconds</p>

Resting pulse rate (RPR) 68 bpm	Working pulse rate (WPR) 108 bpm
Evaluation of the training session	
Easy. Increase the distance.	

## Training session plan

Plan for a training session in Speed

Date 22/11/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed - reaction . power	Ruler Stop watch Cones

Time allocation for each section of the training session		
Warm-up 1 min	Main activity 15 min	Cool-down 3 min

Description of the main activity; for example, circuit lay-out or running course
<p> <u>15m</u> x 5  <u>20m</u> x 6  <u>25m</u> x 7  Rest : 12 seconds </p>

Resting pulse rate (RPR) 71 bpm	Working pulse rate (WPR) 110 bpm
Evaluation of the training session	
Difficult. Back to the last training.	

## Training session plan

Plan for a training session in Speed

Date 29/11/16

For example, circuit training, resistance training, exercise to music, continuous training

Aims of the session	Facilities/equipment necessary
Improve speed	Ruler Stop watch Cones

Time allocation for each section of the training session		
Warm-up	Main activity	Cool-down
1 min	15 min	3 min

Description of the main activity; for example, circuit lay-out or running course
<p><u>10m</u> x 6</p> <p><u>15m</u> x 7</p> <p><u>20m</u> x 8</p> <p>Rest : 10 seconds</p>

Resting pulse rate (RPR) 69 bpm	Working pulse rate (WPR) 109 bpm
Evaluation of the training session	
Feel good.	



## Evaluation

Name of Test	RESULTS	
	Before PEP	After PEP

What does this tell you about your PEP?

I feel I'm faster because in basketball I can run back faster to defend.