

1. Year 11 p gsce



Muscular endurance

My main position is right wing

2. I play football and for [REDACTED] for 3 years and competing for right winger for 2 years I play for Sunday and I want to achieve my potential and I play at right wing

4.Fitness test	Component and rational inclusion	Score	Normative rating	
12-minute cooper run	Cardiovascular fitness	19 laps	average	
1leg wall sit test	Muscular endurance	8seconds	poor	
Standing stork	Balance	14.09	average	

5. My weakest component is muscular endurance in my leg as seen in the table as I got a poor score compared to the other and I want to improve in my leg endurance over the next 6 weeks

6. Muscular endurance in my leg and passing accuracy/ successfully over the whole 90 minutes and my data is showing me I need to improve my leg endurance

7. I want to improve my endurance in my legs of component of fitness to get from 8 seconds to 15 seconds go from below poor to average

.it specific because

It measurable because it over 6 weeks

It achievable because I've got the resources to do it

It realistic because it achievable but it also challenge at the same time

It time bound because It 6 weeks' time bound n

8. I have picked polymer metrics because the polymer metric use force and speed and it build muscle

9.

10,.Pre pep	12-minute cooper run	Cardiovascular fitness	1800
Mid pep	12-minute cooper run	Cardiovascular fitness	2001
Post pep	12-minute cooper run	Cardiovascular fitness	2005

11

12

13 Combining running and walking with strength training and other forms of aerobic exercise like swimming, elliptical training and cycling

14 my smart target of 6 week plan is positive because it can improve my weakest component of fitness but it can also be a negative as it could also be long waiting for 6 weeks if your determine to improve your weakest component

16 my smart target was smart because it trying to get my weakest component of fitness better and it achievable but I have got good resource to do it and it is time bound as I set my target to be for 6 weeks and it also realistic as im trying to get my muscular endurance in my leg better and it is realist but can also be a challenge