

Personal exercise programme (PEP) authentication sheet

| | | |
|--|---------------------|---|
| Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education | | 1PE0/04 |
| | | Centre number: |
| Candidate name: | | Candidate number: |
| Activity | Mark awarded | Comments [NB: Comment box expands as you start entering text] |
| PEP title | /20 | |
| Total | 6 /20 | PTO |

Teacher declaration

I declare that the work submitted for assessment has been carried out without assistance other than that which is acceptable according to the rules of the specification.

| | | | |
|------------------|--|-------|--------|
| Assessor name: | | | |
| Assessor signed: | | Date: | 5/7/18 |

Candidate declaration

I certify that the work submitted for this assessment is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice.

| | | | |
|-------------------|--|-------|--------|
| Candidate signed: | | Date: | 5/7/18 |
|-------------------|--|-------|--------|

Additional candidate declaration

By signing this additional declaration you agree to your work being used to support Professional Development, Online Support and Training of both Centre-Assessors and Pearson Moderators. If you have any concerns please email teachingPEandSport@pearson.com

| | | | |
|-------------------|--|-------|--|
| Candidate signed: | | Date: | |
|-------------------|--|-------|--|

This form may be adapted as required.

PARQ and - You

Name:

Surname:

Date of birth:

Age:

17

Weight: 44.4

Date:

Please read the questions below carefully and circle the Yes or No option if it is relevant to you.

Please answer the questions to the best of your ability and use the space to describe any additional information about yourself.

1. Do you have any Heart conditions? Yes/ no
2. Do you have any Lung/ breathing related conditions? Yes/ No
3. Do you have asthma? Yes/ No
If yes where do you keep your pump?
4. Do you have epilepsy? Yes / No
5. Do you have a disability? Yes/ No
If yes, please describe what disability you have and if you require support

6. Do you have any physical long term injuries that impact on exercise? Yes/ no
7. Are you taking any medication? Yes/No

If yes please tell us the name and the reason for taking it

8. Have you had any surgery? Yes/ No
If yes, please tell us when and what it was for

9. Do you suffer from dizzy spells or fainting? Yes/ No

10. Are you pregnant? Or have you given birth recently? Yes/ No

* discuss with
a teacher
+ counsellor

If there are any other medical conditions or medications you have not disclosed in the above questions, then please use the space below to explain further:

Tell us about your lifestyle

1. Do you class yourself as active? Yes/ No
2. Do you smoke? Yes/ No If yes how much a week
3. Do you play a sport or have an active hobby? If yes what is it? No
4. Do you drink alcohol? Yes/ No If yes how much would you say you drink a week?
5. What course are you studying on? GCSE
6. Has your GP said you are safe to exercise? Yes/ No

Please sign the box below if you have answered the above questions to the best of your knowledge. Please inform the staff member leading any physical exercise if your state of health changes.

Client signature:

Instructor signature:

Date:

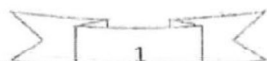
PEEP



ID NO. :

2017-2018

*Good
montpage.*



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PERSONAL BACKGROUND:

My personal exercise program will enable me to become better in my sport. Here is some personal information about me.

Personal information:

| Gender: | Age: | Weight: | Height: | Resting heart rate: |
|----------------|-------------|----------------|----------------|----------------------------|
| <i>Female</i> | <i>17</i> | <i>45kg</i> | <i>1.77m</i> | <i>36 b/min</i> |

BMI – WEIGHT/HEIGHT X HEIGHT = 3.54/ 45 = 12.7

Introduction

My PEP is going to be about the sport that I love which is Volleyball. In this programme I will try to identify my strengths and my weakness in this sport. After that, I am going to design an exercise programme that will improve in the areas identified as weak.

First of all I will design a plan a training program that will make my fitness test results improve. This may also help improve the skills within my sport.

Pre fitness test results:

| <i>Fitness test:</i> | <i>Component of fitness:</i> | <i>Results:</i> | <i>Score:</i> |
|-----------------------------------|--|------------------------|-----------------------------|
| <i>Sit up</i> | <i>Muscular endurance</i> | <i>26</i> | <i>Excellent</i> |
| <i>Sit and reach</i> | <i>Flexibility</i> | <i>17cm</i> | <i>Excellent</i> |
| <i>Grip strength</i> | <i>Strength</i> | <i>26 kg' s</i> | <i>average</i> |
| <i>Standing stalk test</i> | <i>Balance</i> | <i>10 secs</i> | <i>Below average</i> |
| <i>Bleep test</i> | <i>Cardiovascular endurance</i> | <i>6.4</i> | <i>Below average</i> |
| <i>35m Sprint Test</i> | <i>Speed</i> | <i>5.64secs</i> | <i>Average</i> |

From looking at my fitness testing results, I decided to improve three components of fitness. The components that I want to improve are my strength, speed and my flexibility. A strength exercise is any activity that makes your muscles work harder than normal; usually this involves lifting weights to overload muscles. This can increase your muscles' strength, size, power and endurance. Some of the exercises that are going to help my muscles-strengthens are: climbing stairs, push ups and pull ups. I think that I need to work harder in my flexibility. The exercises that I have chosen to improve my flexibility are the stretches of: the shoulder & neck, upper back, triceps, glutes, single leg hamstring, standing quadriceps, standing calf and hip stretch. Lastly, the exercises that will help me for improving my speed are: power squats, basic/ uphill sprints, high leaps and sideways one-legged leaps.

The physical Components of Fitness:

Basic fitness can be classified in four main components: strength, speed, stamina and flexibility. However, exercise scientists have identified nine components that comprise the definition of fitness.

- 1. Power: the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed.***
- 2. Balance: the ability to control the body's position, either stationary or while moving.***
- 3. Flexibility - the ability to achieve an extended range of motion without being impeded by excess tissue.***
- 4. Cardiovascular Endurance: the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances).***
- 5. Strength Endurance: a muscle's ability to perform a maximum contraction time after time.***

Skill related to components of fitness:

- Power: the ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements.**
- Speed / Quickness: the ability to move quickly across the ground or move limbs rapidly to grab or throw.**
- Agility: the ability to quickly change body position or direction of the body.**
- Balance: the ability to retain the centre of mass above the base of support when stationary or moving. This helps gymnasts maintain their position and prevents games players from falling over at speed.**
- Co-ordination: the ability to integrate the above listed components so that effective movements are achieved.**

- **Reaction time:** *is the interval time between the presentation of a stimulus and the initiation of the muscular response to that stimulus.*
- **Strength:** *the ability of a muscle or muscle group to overcome a resistance.*

Normative data:

16-19 yrs. fitness excellent test results:

| <i>Fitness test:</i> | <i>Component of fitness:</i> | <i><u>Results:</u></i> |
|-------------------------------|--|---|
| <i>Sit up</i> | <i>Muscular endurance</i> | <i><u>>25</u></i> |
| <i>Sit and reach</i> | <i>Flexibility</i> | <i><u>>15</u></i> |
| <i>Grip strength</i> | <i>Strength</i> | <i><u>>38kg'</u></i> <i><u>s</u></i> |
| <i>Standing stalk</i> | <i>Balance</i> | <i><u>>30 secs</u></i> |
| <i>Bleep test</i> | <i>Cardiovascular endurance</i> | <i><u>10.11</u></i> |
| <i>35m Sprint Test</i> | <i>Speed</i> | <i><u><5.30sec</u></i> <i><u>s</u></i> |

Good information
✓

What I want to improve and why:

Flexibility: My flexibility is excellent compared to narrative data. However, flexibility is one of the most important skills in volleyball. I want to improve it as much as I can so I could have better results in reaching the ball in that sport. ✓

SMART: I will improve my flexibility from 17cm to 20cm in the next 6 weeks by completing 10 minutes of stretching once a week. ✓

Strength: Compared to normative data my strength is good, but for my sport it needs to be excellent or above. That is because skills like smashing or blocking need to be strong, so I could more possibly pass the ball on the competitive field.

SMART: I will improve my grip strength score by 5 pounds by completing at least 4 weight exercises per session, with 1 session per week. ✓

Speed: My speed is good, but for my chosen sport as improved that skill is as better results you could get ✓

on reaching the ball. Improving my speed could help me being ready to succeed any of the other skills.

SMART: I want to improve my speed in the 35m sprint test by 0.34 seconds to achieve an excellent score within 6 weeks.

THE METHOD OF TRAINING:

The method of training that I am going to follow is a combination of weight training, speed training and flexibility. Speed training is a sprint interval training and flexibility is utilising static developmental training.

Join movement examples:

Flexion: Movement of the upper leg and knee down and back.

Extension: Straightening movement that increases the angle between body parts.

Adduction: Movement of the leg inward toward the midline of the body

Abduction: Movement of the leg outward away from the midline of the body

Rotation Movement is around pivot point.

Muscles to improve for Volleyball:

Triceps, calf, biceps, trapezius, anterior deltoids, posterior deltoids, pectorals, hip, and quadriceps are the primary muscles used in volleyball. There are a variety of muscles used to play volleyball. There are several different types of actions in volleyball that use different muscles in different ways.

Serving- For the ground serving the muscles that are used is the bicep triceps and shoulder muscles. You also use the muscles in your forearm and wrist as well as some support from the abdomen.

If you add a jump then you would include all of the major muscles groups in the lower body, Glutes, Calves, Hamstrings and Quads.

Hitting/Spiking/Blocking: You use different muscles here as well for the arm motions you use the same muscles as you would for serving. However, the leg portion uses the major muscle groups

Passing/Setting: Passing uses the shoulders and the legs specifically the quads. The quads, shoulder muscles, pectorals and the Abdomen are places I would focus on. The higher you can jump the better volleyball player you will be. Most people use weight training and plyometric to build their lower body

✓
Good additional
info.

SIX WEEK PROGRAM:

- *Pre-exercise heart rate before warm up was 70 b/min.*
- *During exercise heart rate: 110 b/ min.*
- *Immediate post-exercise heart rate was 100 b/min*
- *After exercise my heart rate was: 80b/ min*

Good

Exercises for muscle, speed and strength improvement:

1. *Treadmill and Upright bike: improving speed.*
2. *Leg rise, Jumping, Leg press and Ladder work - inside and out- : improving quadriceps, adductors, calves, gluteus and hamstrings muscles and speed.*
3. *Shoulder press: improves muscles strength deltoid, biceps, triceps and forearms.*

The programme:

| <u>Week</u> | <u>Warm up</u> | <u>Main part</u> | <u>Cool down</u> |
|-------------|---|--|--|
| 1 | <p>Treadmill 8mins 8km/h ✓</p> <p>Dynamic stretches For 30 seconds</p> <ul style="list-style-type: none"> - high knees -Leg swings -open and close gates -shoulder rolls -walking hamstring touches -arm swings -wrist rolls | <p>Leg rise 2 sets ✓ 8 reps ✓ @10kg's</p> <p>Jumping Squats 2 sets 8 reps 18 inch box, no weights</p> <p>Leg press 2 sets 8 reps 32kg's</p> <p>Shoulder Press 2 sets 8 reps 11kg</p> <p>Chest press 2 sets 8 reps 10kg</p> <p>Treadmill Sprints 4x 20 second sprints with a 10% incline ✓ @ 12km/h 2 min rest between sets</p> | <p>X - trainer at level 3 for 5 mins</p> <p>Static Stretches Hold for 30 seconds each</p> <p>Neck stretch Shoulder stretch Chest stretch Triceps stretch Hip flexor stretch Quadriceps stretch Hamstring Stretch Adductors stretch Glutes stretch Calf stretch</p> |

| <u>Week</u> | <u>Warm up</u> | <u>Main part</u> | <u>Cool down</u> |
|--------------------|---|---|---|
| 2 | <p>Treadmill 8mins 8km/h</p> <p>Dynamic stretches For 30 seconds - high knees -Leg swings -open and close gates -shoulder rolls -walking hamstring touches -arm swings -wrist rolls</p> | <p>Leg rise 2 sets 10 reps @10kg' s</p> <p>Jumping Squats 2 sets 10 reps 18 inch box, no weights</p> <p>Leg press 2 sets 10 reps 32kg' s</p> <p>Shoulder Press 2 sets 10 reps 11kg</p> <p>Chest press 2 sets 10 reps 10kg</p> <p>Treadmill Sprints 6x 20 second sprints with a 10% incline @ 12km/h 2 min rest between sets</p> | <p>X - trainer at level 3 for 5 mins</p> <p>Static Stretches Hold for 35 seconds each <i>Neck stretch</i> <i>Shoulder stretch</i> <i>Chest stretch</i> <i>Triceps stretch</i> <i>Hip flexor stretch</i> <i>Quadriceps stretch</i> <i>Hamstring Stretch</i> <i>Adductors stretch</i> <i>Glutes stretch</i> <i>Calf stretch</i></p> |

| <u>Week</u> | <u>Warm up</u> | <u>Main part</u> | <u>Cool down</u> |
|-------------|---|---|---|
| 3 | <p>Treadmill</p> <p>8mins</p> <p>8km/h</p> <p>Dynamic stretches</p> <p>For 30 seconds</p> <p>- high knees</p> <p>-Leg swings</p> <p>-open and close gates</p> <p>-shoulder rolls</p> <p>-walking hamstring touches</p> <p>-arm swings</p> <p>-wrist rolls</p> | <p>Leg rise</p> <p>3 sets</p> <p>10 reps</p> <p>@10kg' s</p> <p>Jumping Squats</p> <p>3 sets</p> <p>10 reps</p> <p>18 inch box, no weights</p> <p>Leg press</p> <p>3 sets</p> <p>10 reps</p> <p>32kg' s</p> <p>Shoulder Press</p> <p>3 sets</p> <p>10 reps</p> <p>11kg</p> <p>Chest press</p> <p>3 sets</p> <p>10 reps</p> <p>10kg</p> <p>Treadmill Sprints</p> <p>6x 25 second sprints with a 10% incline</p> <p>@ 12km/h 1min</p> <p>30sec rest between sets</p> <p>Ladder work</p> <p>Inside and out</p> <p>8 meters</p> <p>8 reps</p> | <p>X - trainer at level</p> <p>3 for 5 mins</p> <p>Static Stretches</p> <p>Hold for 40 seconds each</p> <p>Neck stretch</p> <p>Shoulder stretch</p> <p>Chest stretch</p> <p>Triceps stretch</p> <p>Hip flexor stretch</p> <p>Quadriceps stretch</p> <p>Hamstring Stretch</p> <p>Adductors stretch</p> <p>Glutes stretch</p> <p>Calf stretch</p> |

| <u>Week</u> | <u>Warm up</u> | <u>Main part</u> | <u>Cool down</u> |
|--------------------|---|--|---|
| 4 | <p>Treadmill 8mins 8km/h</p> <p>Dynamic stretches For 30 seconds - high knees - Leg swings - open and close gates - shoulder rolls - walking hamstring touches - arm swings - wrist rolls</p> | <p>Leg rise 3 sets 10 reps @10kg' s</p> <p>Jumping Squats 3 sets 10 reps 18 inch box, no weights</p> <p>Leg press 3 sets 10 reps 32kg' s</p> <p>Shoulder Press 3 sets 10 reps 11kg</p> <p>Chest press 3 sets 10 reps 10kg</p> <p>Treadmill Sprints 6x 25 second sprints with a 10% incline @ 12km/h 1min 1 min rest between sets</p> <p>Ladder work Inside and out 8 meters 8 reps</p> | <p>X - trainer at level 3 for 5 mins</p> <p>Static Stretches Hold for 45 seconds each <i>Neck stretch</i> <i>Shoulder stretch</i> <i>Chest stretch</i> <i>Triceps stretch</i> <i>Hip flexor stretch</i> <i>Quadriceps stretch</i> <i>Hamstring Stretch</i> <i>Adductors stretch</i> <i>Glutes stretch</i> <i>Calf stretch</i></p> |

| <u>Week</u> | <u>Warm up</u> | <u>Main part</u> | <u>Cool down</u> |
|--------------------|---|---|---|
| 5 | <p>Treadmill 8mins 8km/h</p> <p>Dynamic stretches For 30 seconds</p> <ul style="list-style-type: none"> - high knees -Leg swings -open and close gates -shoulder rolls -walking hamstring touches -arm swings -wrist rolls | <p>Leg rise 3 sets 15 reps @10kg' s</p> <p>Jumping Squats 4 sets 10 reps 18 inch box, no weights</p> <p>Leg press 4 sets 10 reps 32kg' s</p> <p>Shoulder Press 4 sets 10 reps 11kg</p> <p>Chest press 4 sets 10 reps 10kg</p> <p>Treadmill Sprints 6x 30 second sprints with a 10% incline @ 12km/h 1min 1 min rest between sets</p> <p>Ladder work Inside and out 8 meters 10 reps</p> | <p>X - trainer at level 3 for 5 mins</p> <p>Static Stretches Hold for 50 seconds each</p> <p>Neck stretch</p> <p>Shoulder stretch</p> <p>Chest stretch</p> <p>Triceps stretch</p> <p>Hip flexor stretch</p> <p>Quadriceps stretch</p> <p>Hamstring Stretch</p> <p>Adductors stretch</p> <p>Glutes stretch</p> <p>Calf stretch</p> |

| <u>Week</u> | <u>Warm up</u> | <u>Main part</u> | <u>Cool down</u> |
|--------------------|---|---|---|
| 6 | <p>Treadmill</p> <p>8mins</p> <p>8km/h</p> <p>Dynamic stretches</p> <p>For 30 seconds</p> <p>- high knees</p> <p>-Leg swings</p> <p>-open and close gates</p> <p>-shoulder rolls</p> <p>-walking hamstring touches</p> <p>-arm swings</p> <p>-wrist rolls</p> | <p>Leg rise</p> <p>3 sets</p> <p>15 reps</p> <p>@10kg' s</p> <p>Jumping Squats</p> <p>4 sets</p> <p>10 reps</p> <p>18 inch box, no weights</p> <p>Leg press</p> <p>4 sets</p> <p>10 reps</p> <p>32kg' s</p> <p>Shoulder Press</p> <p>4 sets</p> <p>10 reps</p> <p>11kg</p> <p>Chest press</p> <p>4 sets</p> <p>10 reps</p> <p>10kg</p> <p>Treadmill Sprints</p> <p>6x 30 second sprints with a 10% incline</p> <p>@ 12km/h 1min 1 min rest between sets</p> <p>Ladder work</p> <p>Inside and out</p> <p>8 meters</p> <p>10 reps</p> | <p>X - trainer at level</p> <p>3 for 5 mins</p> <p>Static Stretches</p> <p>Hold for 50 seconds each</p> <p>Neck stretch</p> <p>Shoulder stretch</p> <p>Chest stretch</p> <p>Triceps stretch</p> <p>Hip flexor stretch</p> <p>Quadriceps stretch</p> <p>Hamstring Stretch</p> <p>Adductors stretch</p> <p>Glutes stretch</p> <p>Calf stretch</p> |

After test result:

| <i>Fitness test:</i> | <i>Component of fitness:</i> | <i>Results:</i> | <i>Score:</i> |
|-----------------------------------|--|------------------------|-------------------------|
| <i>Sit up</i> | <i>Muscular endurance</i> | <i>26</i> | <i>Excellent</i> |
| <i>Sit and reach</i> | <i>Flexibility</i> | <i>23cm</i> | <i>Excellent</i> |
| <i>Grip strength</i> | <i>Strength</i> | <i>26 kg' s</i> | <i>Good</i> |
| <i>Standing stalk test</i> | <i>Balance</i> | <i>20 secs</i> | <i>Good</i> |
| <i>Bleep test</i> | <i>Cardiovascular endurance</i> | <i>14.10</i> | <i>Excellent</i> |
| <i>35m Sprint Test</i> | <i>Speed</i> | <i>5.70secs</i> | <i>Good</i> |

Evaluation:

In my evaluation I will talk about how my pre fitness test results compare to my final test results. I will also analyse my 6 week training programme to see if it has made a difference to my results.

Week 1:

I feel like I did well in my section and that it was okay. For 1 easy to 10 hard my session was 7.

Week 2:

I decided to make it a bit harder to make an improvement so I increased my reps. For 1 easy to 10 hard my session was 8.

Week 3:

I felt that I could improve myself more so I added 1 set in each exercise and an extra main part exercise

"Ladder work -inside and out- ". For 1 easy to 10 hard my session was 9.

Week 4:

I decided to keep the same program for week 4 as week 3 because it was hard for me, so I thought that I had to get used to that level so I could improve it. For easy 1 to 10 hard my session was 8.

Week 5:

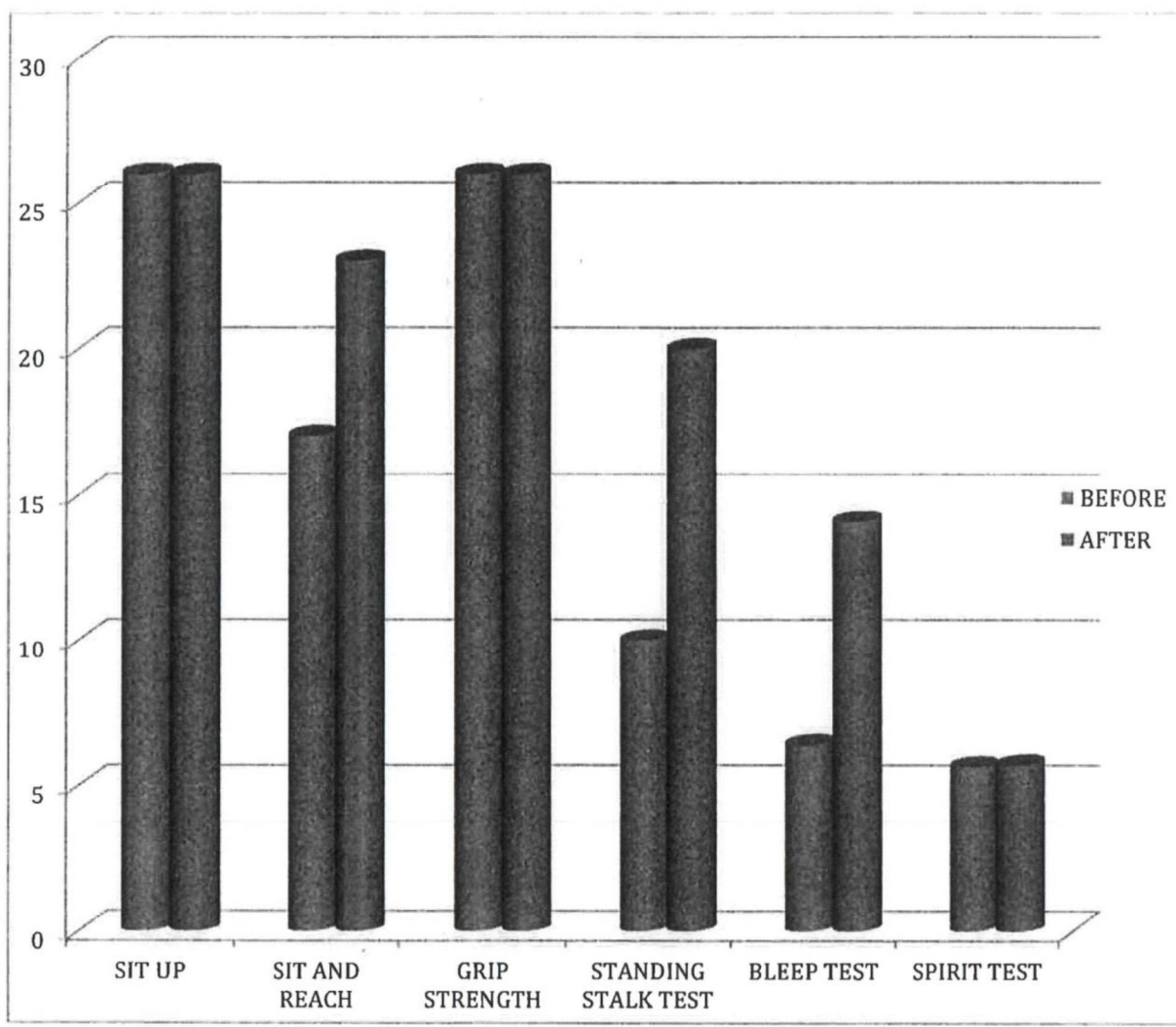
For week 5 I thought that I could improve little more so I added an extra set in all my exercises. For 1 easy to 10 hard my session was 10.

Week 6:

Week 6 was same week as week 5. That is because I found it very hard to complete week 5. For 1 easy to 10 hard my session was still 10.

Probably for my next week I am going to keep the same program as week 5 and 6. When I will feel that I can improve it I might add more raps in my next training programs.

Improvement Chart:



As we can see in my chart most of my test results have increased as well improved apart my sit up and my sprint test. For my chosen sport Volleyball my progress in Flexibility in Speed and in Strength is very useful. I will keep improving those skills as now I know what skills I need to improve and how to train my self.

Good attempt

Personal exercise programme training record form

| Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education | | | | | 1PE0/04 | |
|---|--|--------------------|-------------------|------------------------------------|-----------|-----------|
| Centre name | | | Centre number: | | | |
| Candidate name: | | | Candidate number: | | | |
| Chosen activity/sport: Volleyball | | | | | | |
| Chosen method of training: Combination of weight, speed and flexibility training | | | | | | |
| Date and number of training session: 03/04/2018 session 1. | | | | | | |
| Pre-exercise heart rate before warm up | | Working heart rate | | Immediate post-exercise heart rate | | |
| 70 b/min | | 110 b/min | | 100 b/min | | |
| Recovery heart rate at the following intervals (bpm) | | 1 min | 2 min | 3 min | 4 min | 5 min |
| | | 98 | 96 | 94 | 92 | 90 |
| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session | | | | | | |
| I did 2 sets and 8 reps in exercises: <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> Leg rise (10 kgs) Jumping Squats (18 inch box) Leg press (32 kgs) Shoulder press (11kg) </div> <div style="width: 45%;"> Chest press (10kg) Treadmill Sprints 4 x 70 sec. (12km/h) 12min rest. </div> </div> | | | | | | |
| Any adaptations or changes you have made to this training session and why | | | | | | |
| No changes. | | | | | | |

Personal exercise programme training record form

| Pearson Edexcel Level 1/Level 2 GCSE (9-1) In Physical Education | | 1PE0/04 | | | |
|---|--------------------|------------------------------------|-------|-------|-------|
| Centre name | Centre number: | | | | |
| Candidate name: | Candidate number: | | | | |
| Chosen activity/sport: Volleyball | | | | | |
| Chosen method of training: Combination of speed, weight and flexibility Cardio resistance training | | | | | |
| Date and number of training session: session Week 2 06/04/2018 | | | | | |
| Pre-exercise heart rate before warm up | Working heart rate | Immediate post-exercise heart rate | | | |
| 80 bpm | 110 bpm | 99 bpm | | | |
| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5 min |
| | 97 | 95 | 94 | 91 | 89 |
| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session | | | | | |
| Same as section week 1. | | | | | |
| Any adaptations or changes you have made to this training session and why | | | | | |
| I add in Treadmill Sprints 6 x 20 second sprints with a 10% incline @ 12 km/h 2 min rest between sets. | | | | | |

Personal exercise programme training record form

| Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education | | | 1PE0/04 | | |
|---|--------------------|------------------------------------|---------|-------|-------|
| Centre name: | Centre number: | | | | |
| Candidate name: | Candidate number: | | | | |
| Chosen activity/sport: Volleyball | | | | | |
| Chosen method of training: Combination of speed, weight and flexibility train. | | | | | |
| Date and number of training session: 10/04/2018 session week 3 | | | | | |
| Pre-exercise heart rate before warm up | Working heart rate | Immediate post-exercise heart rate | | | |
| 80 b/min | 110 b/min | 99 b/min | | | |
| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5 min |
| | 97 | 95 | 94 | 91 | 89 |
| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session | | | | | |
| I did same exercises as session week 1 and 2, but 3 sets and 10 reps. head work inside car | | | | | |
| Any adaptations or changes you have made to this training session and why | | | | | |
| I added a ladderwork, inside and out, 8 meters and 8 reps. | | | | | |

Personal exercise programme training record form

| Pearson Edexcel Level 1/Level 2 GCSE (9-1) In Physical Education | | | 1PE0/04 | | |
|---|-------|--------------------|-------------------|------------------------------------|-------|
| Centre name: | | | Centre number: | | |
| Candidate name: | | | Candidate number: | | |
| Chosen activity/sport: Volleyball | | | | | |
| Chosen method of training: combination of weight, speed and flexibility | | | | | |
| Date and number of training session: 15/04/2018 Session 4 | | | | | |
| Pre-exercise heart rate before warm up | | Working heart rate | | Immediate post-exercise heart rate | |
| 70 bpm | | 115 bpm | | 97 bpm | |
| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5 min |
| | 96 | 96 | 94 | 91 | 89 |
| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session | | | | | |
| Same ^{exercises} as ^{session} week 3. | | | | | |
| Any adaptations or changes you have made to this training session and why | | | | | |
| Not changes. | | | | | |

Personal exercise programme training record form

| Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education | | 1PE0/04 |
|---|-------------------|---------|
| Centre name: | Centre number: | |
| Candidate name: | Candidate number: | |
| Chosen activity/sport: Volleyball | | |
| Chosen method of training: Combination of flexibility, speed and weight training. | | |
| Date and number of training session: 20/04/2018 Session 5 | | |

| Pre-exercise heart rate before warm up | Working heart rate | Immediate post-exercise heart rate |
|--|--------------------|------------------------------------|
| 70 b/min | 115 b/min | 97 b/min |

| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5 min |
|--|-------|-------|-------|-------|-------|
| | 96 | 95 | 93 | 91 | 89 |

| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session |
|---|
| Same exercises as session 4. |

| Any adaptations or changes you have made to this training session and why |
|---|
| Add 1 set in each exercise apart Leg rise. |

Personal exercise programme training record form

| | | | |
|--|--|-------------------|--|
| Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education | | 1PE0/04 | |
| Centre name: | | Centre number: | |
| Candidate name: | | Candidate number: | |
| Chosen activity/sport: Volleyball | | | |
| Chosen method of training: Combination of weight, speed and flexibility training. | | | |
| Date and number of training session: 25/04/2018 Session 6 | | | |

| | | |
|--|--------------------|------------------------------------|
| Pre-exercise heart rate before warm up | Working heart rate | Immediate post-exercise heart rate |
| 70 b/min | 116 b/min | 97 b/min |

| | | | | | |
|--|-----------|-----------|-----------|-----------|-----------|
| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5 min |
| | 96 | 95 | 93 | 91 | 89 |

| |
|--|
| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session <div style="font-size: 1.2em; font-family: cursive;">Same programme as session 5.</div> |
|--|

| |
|--|
| Any adaptations or changes you have made to this training session and why <div style="font-size: 1.2em; font-family: cursive;">Not changes.</div> |
|--|