





# GCSE Physical Education

## Personal Exercise Programme

Name	
Form	
Candidate number	
Sport	Shotput

	Level	Mark
<b>Personal Exercise Programme</b>		

Marked by: \_\_\_\_\_

Signature: \_\_\_\_\_

**Aim :** My aim is to improve my shotput throw / shot over a 6 week period . My Personal Best is 7.10 metres and i am aiming to improve this to 7.50 metres

### **.Components of fitness**

1. Muscular Strength = Shotput requires a lot of strength in particular muscles ; such as : pectoral major , deltoids and triceps. You need a lot of muscular strength in these muscles to assist in throwing the ball further.

2. Power = Power is very important in shotput as in order to throw the ball far , you need to have the ability to get the ball that distance , so if you have a lot of power , you can exert a lot of force which results in the ball going far.

3. Co - Ordination : This is key when throwing a shotput , as you have to put many muscles together in order to throw the shotput. Firstly , you have to make sure you are twisting enough to generate power , and then you have to focus on releasing the ball at a certain point to optimise the distance thrown.

### **Analysis of pre-PEP fitness test results**

Compared to the other students in my class , I would say I am in the middle in order of strengths , however Ollie and Tom have higher scores than myself , so I will not judge harshly on how much I improve compared to theirs , as their increases may be a little shorter as they already have high scores. However , I could implement the idea of progression to Crawford as we have similar scores . I notice how I need to work on my chest press (Appendix 1) as I score quite low , so If I improve that , it should help during my PEP. I aim to improve my muscular strength and power as that is where I seem to be weakest , as my co-ordination seems to be better. I can improve power through plyometric training , and muscular strength through weight / resistance training. Therefore , over the 6 weeks , I should see a significant improvement if I am constantly training and applying factors such as progressive overload.

### **Training Methods :**

I will be applying weight / resistance training . This method will benefit my shotput performance as it builds on the muscles which are used in the event. I will try my best to apply progressive overload during the 6 week period and try to increase the amount of times I train each week , however I need to apply a healthy balance . This matches the key components of fitness for shotput aswell , such as muscular strength and power , which should help me increase my shot over the 6 week period.

### **SMART Goals :**

My aim is specific to me due to me not doing shotput before , so I should aim to see how it progresses through the 6 weeks from my starting point .

My aim is measurable because I can measure my scores through each checkpoint ( start , mid , end ) so I can see the progress.

My aim should be achievable as I seem to be average In terms of my appendixes , so aiming for an average shot should be achievable, and increasing my shot through the 6 weeks should also be achievable because I will be applying progressive overload in my training

My aim is realistic because I am not setting goals which are near impossible , my aim matches to tiny improvements , so they are not too difficult.

My aim is time bound as I have assigned myself to 6 weeks to improve my shot.

### **Principles of training:**

<b>Principle Of Training</b>	<b>How it's applied</b>	<b>Example in PEP</b>
<b>Individual Needs</b>	Complete fitness tests to see what you need to improve and to identify weaknesses. Also , complete personal tasks such as a PARQ.	My training will mostly be weight / resistance to increase power .
<b>Specificity</b>	Specific components of fitness related to shotput , so my training will be specific to shotput so my performance will be enhanced.	Weight / resistance training and plyometric training as this works on the specific muscles instead of doing another method of training which isn't specific to me.

<b>Progressive Overload</b>	Over the 6 week period , I will gradually increase the intensity and duration. I will use the fitness tests as a starting point.	Each week I will decide whether I should increase the amount of times I go to the gym or the length of my workouts ; applying progressive load.
<b>F.I.T.T.</b>	You will use this to apply progressive overload	I will apply all of these in order , so increase my performance.
<b>Overtraining / Reversibility.</b>	I will have to be careful on how frequent I train , and if I monitor this well , reversibility shouldn't occur as I won't get injured.	I will have to have a good amount of rest and recovery to prevent me from overtraining.

### **Method :**

I will achieve my aim through weight / resistance training and applying progressive overload each week . I need to increase the muscular strength in certain muscles , such as : triceps , pectorals and deltoids . I will train 2-3 times a week and increase the duration of my sessions each week.

## Evaluation of data and programme :

It was hard to achieve my target due to the large amount of time in between each session , which ultimately led to reversibility , however this was impossible to avoid due to going through a global pandemic . My shot put throw increased from 7.1 metres to 7.7 metres , which was good considering the amount of time I had off. Therefore showing how weight resistance training was the correct method of training , as it improved both power and muscular strength. There is a clear improvement in my shot put throws , which is shown from (appendix 6) and appendix (7) and also of how the weight I was able to lift during the sessions improved from ( appendix 9) all the way through each training session / sheet. It is surprising considering that reversibility would lead to a decrease in the weight i was able to lift , but i was able to do some exercises at home , which helped me achieve a better throw. I would recommend myself for next time that I shouldn't do another PEP during a pandemic because you can't apply progressive overload or notice considerable improvements as each of my sessions were spread out over weeks and weeks , which lead to inaccurate results.

Session 6 , i reduced the amount of sets and the weight due to a 3 month break period , which disrupted my PEP as i couldn't continue at the same intensity due to reversibility and as a result i couldn't apply progressive overload.

However , it is clear that my SMART targets were mostly accurate , as i kept my training methods specific to what i wanted to improve , i was able to measure my progress , it was achievable as i was able to improve my throw , it was realistic as i achieved it and it was difficult to keep it time - bound due covid -19 .

There were noticeable physiological changes as it enlarged my chest and my shoulders , due to the exercises I was doing. Furthermore , the PEP shows that I kept the training to my specific needs , as I was able to improve and others didn't. It was difficult to work intensely and apply progressive overload , so my progress was slowed down alot.

Appendix (1-4) - 7 , it shows that my muscular strength and power has increased , and the specific muscle groups , such as chest press , increased from 52kg to 79kg , which links to the physiological effects , which increased my chest size and strength. Therefore , my type IIx muscle fibre types have strengthened , which helped increase my throw.

## Conclusion :

During the PEP , my power increased , which will help improve my shotput throw , and i met this target through applying SMART targets.

Ideally , i'd have 6 weeks to to be able to apply progressive overload but due to covid , it made the time period extend across the year.

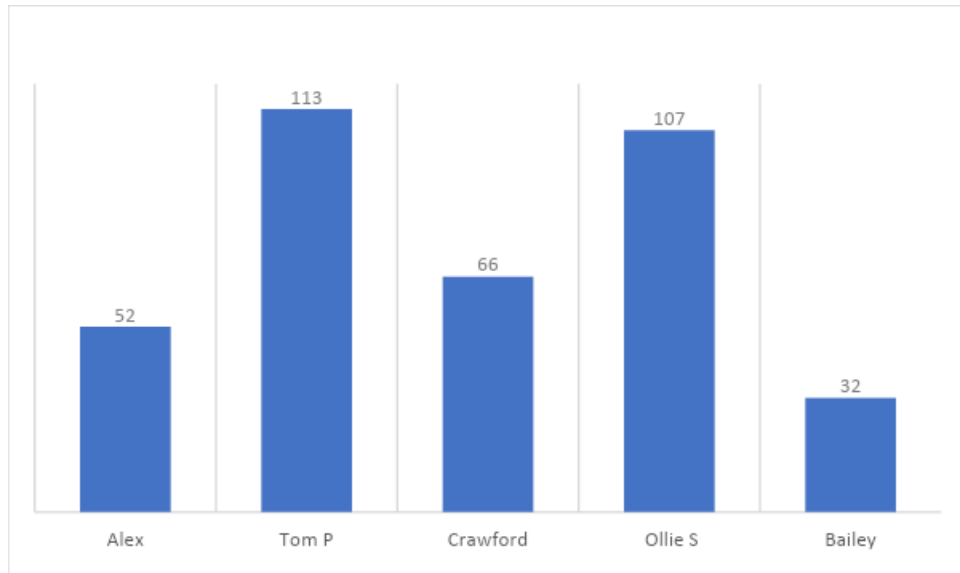
i avoided overtraining by limiting the amount of other sports i did , such as boxing and playing football , so i could improve without risking injury.

Overall , for next time i will avoid doing a PEP during a global pandemic as gyms aren't open .

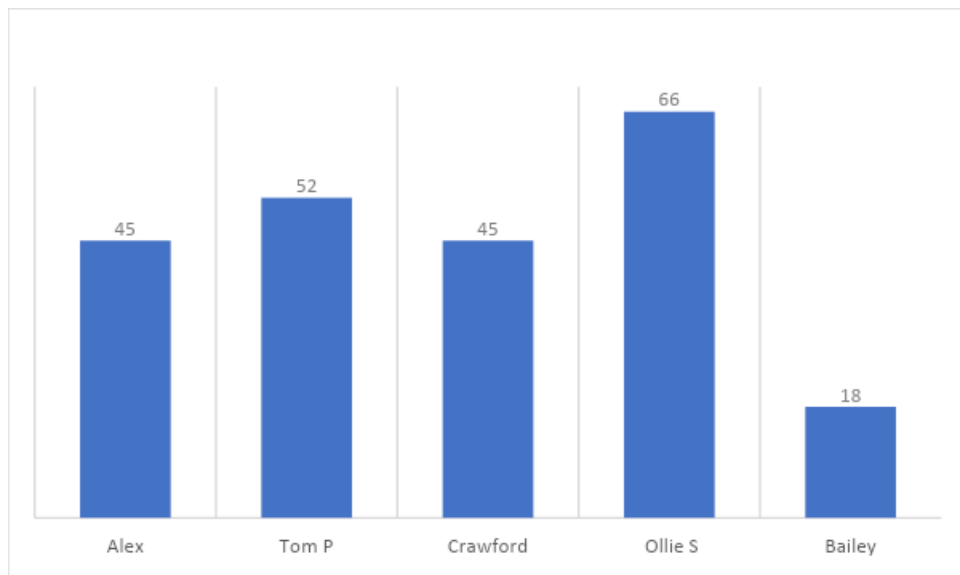
Therefore , i would say that this PEP was successful in terms of how i improved , but as an actual programme , it was a failure as it was difficult to stick to the actual programme due to COVID-19.

## Appendix ( APPENDIX 1-4 MY CLASS)

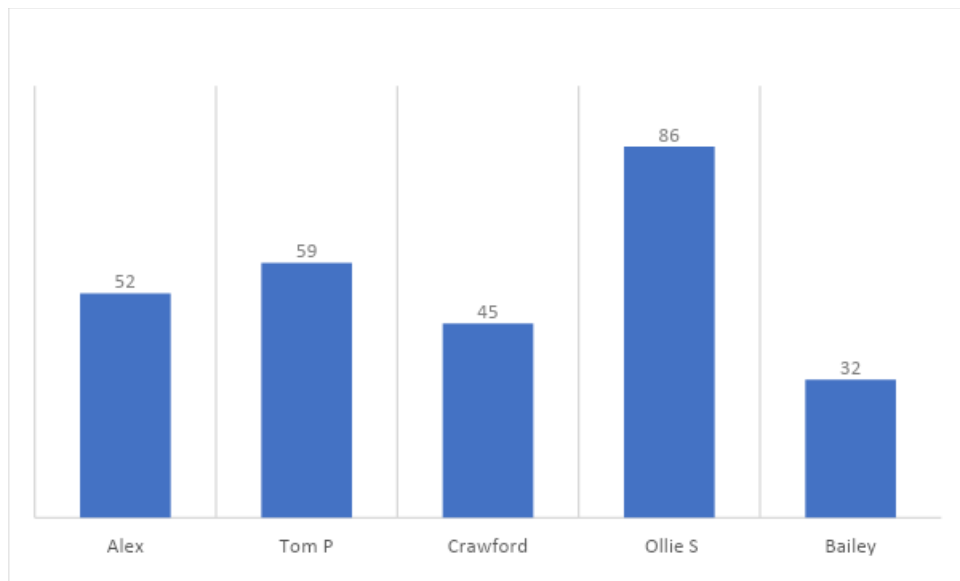
### APPENDIX 1 : Chest Press



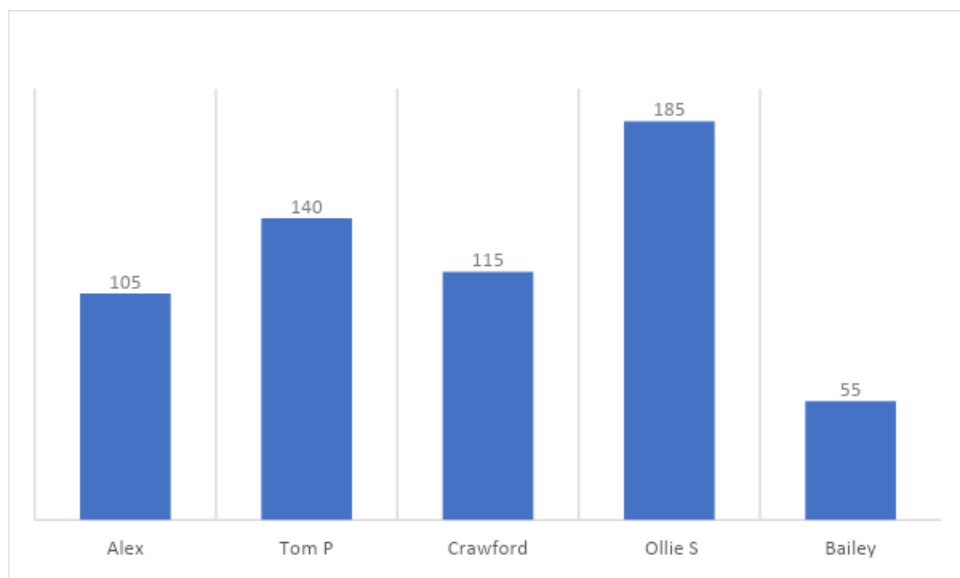
### Appendix 2 : Shoulder Press



### Appendix 3 : Rear Deltoid



### Appendix 4 : Tricep





## Appendix 5 : PARQ

1. Have you got any underlying health problems ?? No
2. Do you smoke or drink ?? No
3. Are you currently taking any medications ?? No
4. Do you have any disabilities ?? No
5. Has a doctor ever said your blood pressure was too high ?? No
6. Has your doctor ever told you that you have a bone or joint problem ? I have had some problems with my knee .
7. Have you ever had heart trouble ?? No

## mid - pep one rep max : ( appendix 6)

shoulder press = 52kg

chest = 65kg

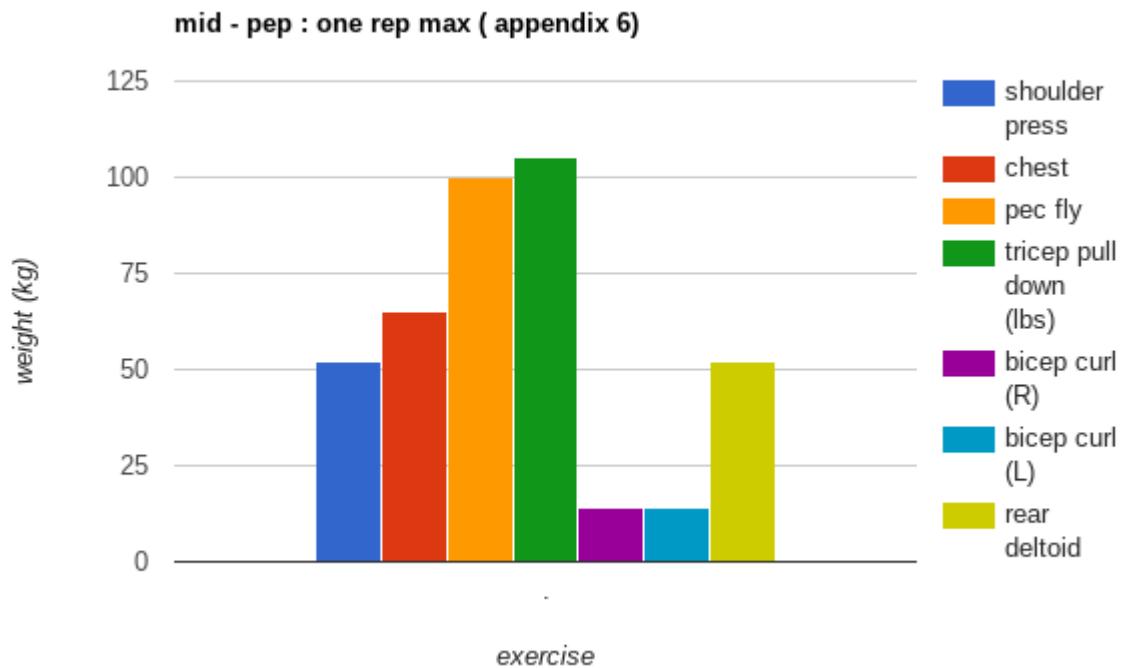
pec fly = 100kg

tricep pull down = 105lbs

bicep curl R = 14kg

bicep curl L = 14kg

rear deltoid = 52kg



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tricep pull down is in lbs.

### post - pep : one rep max (Appendix 7)

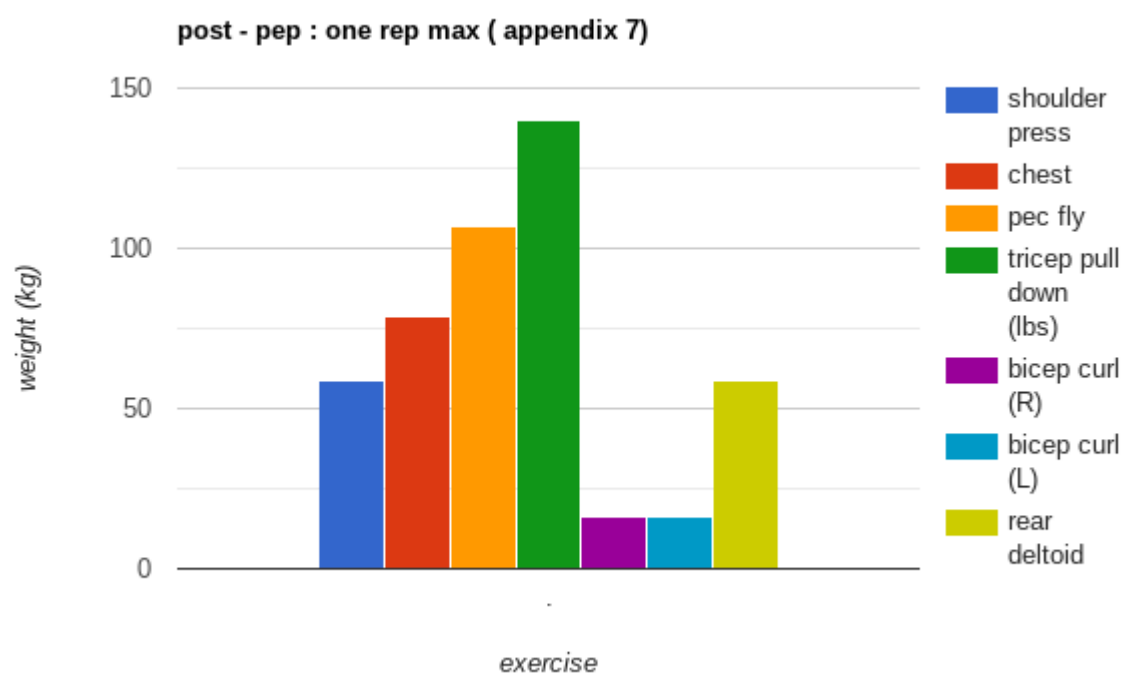
shoulder press = 59kg

chest = 79kg

pec fly = 107kg

tricep pull down = 140lbs

bicep curl R = 16kg , bicep curl L = 16kg , rear deltoid = 59kg



plan of first session : ( appendix 8)

cool down (5mins )	warm up (5min)	Name of exercis e >>	1 : dumb ells	2: front raises	3: should er press.	4: chest press	5: tricep - pull down.	.	7: dumb ell incline	8: pectora l fly.
	pulse raiser	weight	12kg	8kg	32kg	45kg	85kg		12kg	52kg
	Stretch	reps	6	6	6	4	6		6	6
		Sets	2	2	2	2	2	2	2	2