



GCSE PE/Games

Health-related Exercise/ Training Programme

Candidate name:

Candidate number

Centre number

Sport/Activity:

(Games candidates must do a game activity).

Training method:

Leading a warm up/warm down

Increase/decrease the intensity of movement as appropriate	2	
Exercises/stretching appropriate to sport activity muscle group	2	
Ability to organise and lead the group	2	
Verbal communication skills	2	
Non-verbal communication skills – demonstration of exercises	2	
	Total 10 marks	

Teacher:

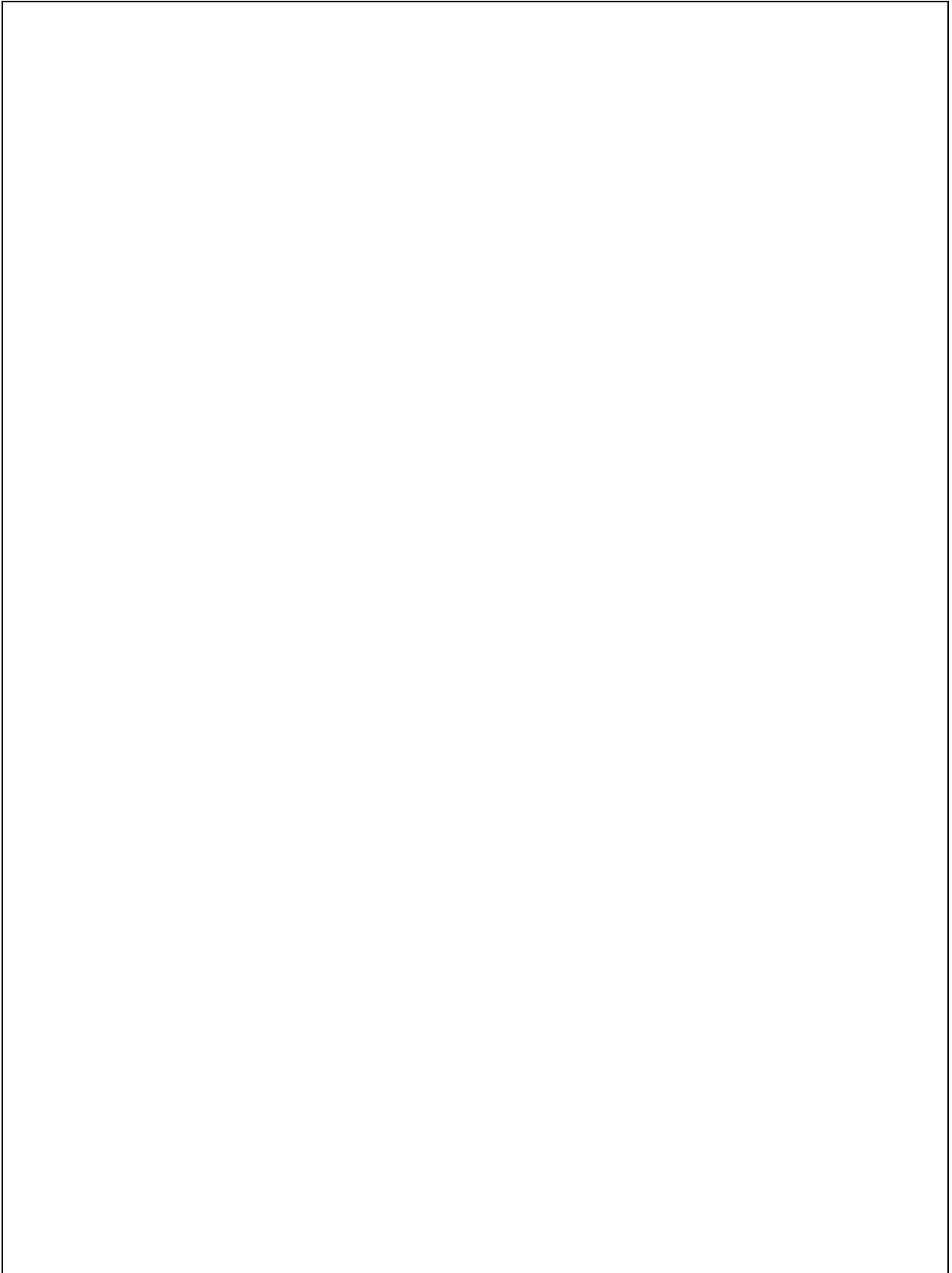
Group:

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Training Programme Marks

Planning (Max 20)
Performing (Max 20)
Monitoring (Max 10)
Evaluating (Max 20)

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Planning

**Purpose/aim of the programme.
Personal fitness profile.**

5 marks

Outline how much physical activity you get in a typical week.

Explain how fit you think you are, and if you have any injuries or health problems.

State what targets you expect to achieve by the end of the 5 sessions in terms of aspects of fitness/skills you want to improve.

Awareness of safety aspects

5 marks

Outline any potential risks with any apparatus/equipment.

What factors will you need to consider when planning the order/types of exercises?

Explain how and why you will prepare your body for exercise/and help it to recover afterwards.

Appropriateness of chosen exercises Explain why you have chosen at least two of the exercises/
activities and how they will help you achieve your targets. 5 marks

Reason for choosing Exercise 1 _____:

Reason for choosing Exercise 2 _____

Appropriate application

5 marks

Explain how your training will progress each time and how you will be working harder.

Session	Brief comments after each session	2 marks
1		
2		
3		
4		
5		

Session	Recording: heart rate	2 marks	Recording: recovery rate	2 marks
1				
2				
3				
4				
5				

Concluding Statement/summary of results	2 marks

Evaluation

Planning	Make comments to explain the statements/questions in the first column (max 6 marks)
<p>Explain the fitness test result(s) you achieved before you started your training programme.</p>	<i>/2</i>
<p>Was the programme at the right level for you?</p> <p>Explain why/why .not</p>	<i>/2</i>
<p>Were the exercises in the correct order?</p> <p>Explain why/why not.</p>	<i>/2</i>
<p>Explain how you applied the principles of progression/overload.</p>	<i>/2</i>
<p>Were the exercises/ activities the correct ones to choose?</p> <p>Explain why/why not.</p>	<i>/2</i>

Performing	Make comments to explain the statements/questions in the first column (max 6 marks)
<p>Explain how you applied the principles of progression/overload.</p>	/2
<p>Were the exercises/ activities the correct ones to choose?</p> <p>Explain why/why not.</p>	/2
<p>Was the programme easy to manage (set up, do, record progress etc)?</p>	/2
<p>Were the exercises in the correct order?</p> <p>Explain why/why not.</p>	/2
<p>Did you enjoy it and work to your limit?</p> <p>How do you know?</p>	/2

Monitoring	Make comments to explain the statements/questions in the first column (max 6 marks)
<p>Were the exercises/ activities the correct ones to choose?</p> <p>Explain why/why not.</p>	/2
<p>Were the exercises in the correct order?</p> <p>Explain why/why not.</p>	/2
<p>Did you make any changes to your programme?</p> <p>Explain why you did/did not do so.</p>	/2
<p>Explain the effects performing had on you in any of the 5 sessions.</p>	/2
<p>Were the results you achieved what you expected?</p> <p>Explain why this was/was not the case</p>	/2

Final evaluation	Make comments to explain the statements/questions in the first column (max 6 marks)
Explain the fitness test result(s) you achieved after you finished your training programme.	/2
Was the programme easy to manage (set up, do, record progress etc)?	/2
Explain what progress or improvements you have made as a result of completing the programme.	/2
Did you enjoy it and work to your limit? How do you know?	/2
If you were going to continue with the programme what changes would you make?	/2

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