

A Level PE Induction Material (internal students)



Good Morning and welcome to all those who have chosen to take Physical Education for A level.

In preparation of you starting the course we have put together a brief outline of an 8 week training programme, that we would like you to undertake. The year 12 students, are currently in week 6 of their programmes and have found it a nice diversion from the current lockdown. We expect you to make lots of mistakes in structuring your programme but do not worry about this. It is how you adapt it and what you learn from these changes that will help you in the long run.

I have scanned in a section of the book to help you devise your training programme. In saying this 50% are upside down and whilst they are easy to rotate, I cannot appear to save them like this. If you want to purchase the book ahead of next year it is called:

PE for A level (buy the combined Year 1&2 if you can).

Author John Honeybourne & Sarah Powell

Hodder Education

Each week I will either post some helpful tips, or samples of the year 12 programmes to assist you. The most important aspect of all of this, is that you will need to be able to explain how you put this programme together. You need to consider the principles you based it on. The methods you chose. The type of goals you set. The base line tests you undertook and what

this told you about your performance. This piece will account for 10% of you A level and as such is not simply a time filler but an important bridge between GCSE and the A level. Finally, remember you can only use the facilities available to you. Do not talk about using a gym if you do not have access to one.

Good luck.

If you struggle please send me a message on SMHW.

Mr Temple

My 8 Week Training Programme

Name:

BIO

My Sport:

The Components of Fitness (10):

Important Components of Fitness in my Sport:

My Strengths:

My Weaknesses:

The Main Weakness I want to Improve:

GOALS AND CYCLES

The Macrocycle (main overall goal) of my 8 week programme will be to (be specific – this may be a score in a fitness test):

I will break my training down into 2 blocks of 4 weeks (Mesocycle's). These may focus on a component of fitness, or technique for example.

The goal of my first Mesocycle will be to:

The goal of my second Mesocycle will be to:

To achieve my first 4 week Mesocycle, I will use these type(s) of training (Microcycle):

To achieve my second 4 week Mesocycle, I will use these type(s) of training (Microcycle):

A WARM UP/COOL DOWN

Before each session I will do the following:

After each session I will do the following:

FITNESS TEST(S)

To get a baseline fitness, and track progress, I will use:

I will perform this test every:

PRINCIPLES OF TRAINING

To ensure I my training meets my specific needs and goals, I will use the Principles of Training:

Specific:

Progressive Overload:

Macrocycle goal:

Mesocycle 1 goal:

Week 1	Week 2	Week 3	Week 4

Mesocycle 2 goal:

Week 5	Week 6	Week 7	Week 8

ADAPTATIONS

Immediate effects:

Short term effects:

Long term adaptations:

What effect will this have on my overall performance: