



# GCSE PE/Games

## Health-related Exercise/ Training Programme

Candidate name:

Candidate no:

Centre number:

Sport/Activity:

(Games candidates must do a game activity).

Training method:

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For Teacher use only

Teacher:

Group:

Planning	(Max 20)
Performing	(Max 20)
Monitoring	(Max 10)
Evaluating	(Max 20)
Warm-up/Warm-down	(Max 10)
Total	(Max 80)


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## Planning

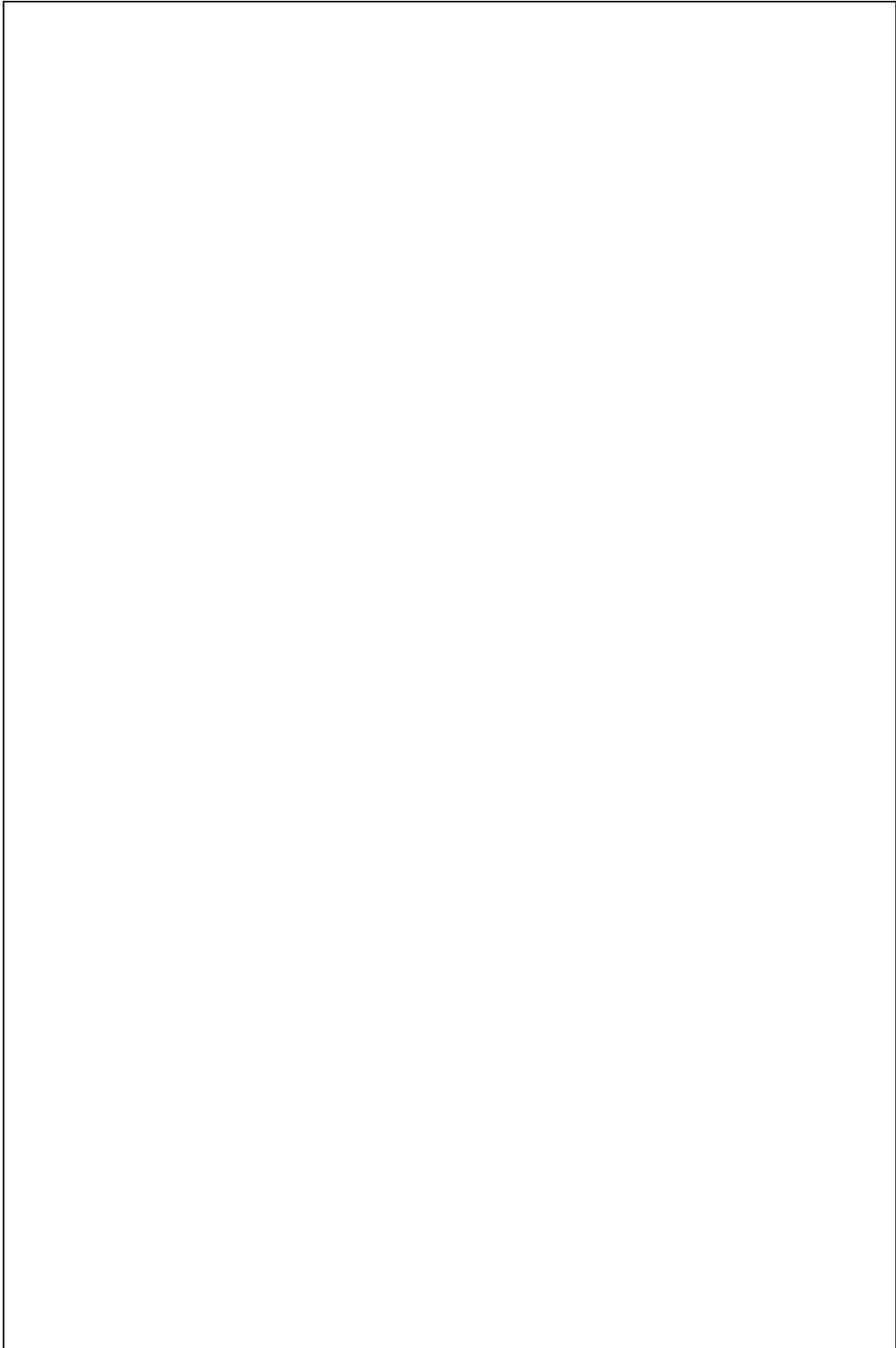
**Purpose/aim of the programme.**

**Personal fitness profile.** Explain how fit you think you are, and if you have any injuries or health problems. Outline how much physical activity you get in a typical week. 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. 5 marks

**Awareness of safety aspects.** 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. 5 marks

**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

**Appropriate application.** Explain how your training will progress each time and how you will be working harder. 5 marks



### Performing (Teacher's Marks)

Implementation with control/consistency/ease  
Completion safely and efficiently  
Attitude/motivation towards improving  
Effectiveness/appropriateness of warm up/cool down


20 marks

### Monitoring

Record your results after each exercise.

2 marks

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5

<b>Session</b>	<b>Brief comments after each session</b>	<b>2 marks</b>
1		
2		
3		
4		
5		

<b>Session</b>	<b>Recording: heart rate</b>	<b>2 marks</b>	<b>Recording: recovery rate</b>	<b>2 marks</b>
1				
2				
3				
4				
5				

<b>Concluding Statement/summary of results</b>	<b>2 marks</b>



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

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

<b>Final evaluation</b>	<b>Make comments to explain the statements/questions in the first column (max 6 marks)</b>
Refer to your post test scores	/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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*Dr Michael Cresswell, Director General*