

MY PERSONAL EXERCISE PLAN

2009 +

NAME : _____

YEAR : _____

FORM: _____

BEST SPORT AS A PERFORMER FROM YOUR
KEY STAGE 4 CHOICES: _____

PERSONAL DETAILS

Name:

Age:

Gender:

Height in cm:

Weight in Kg:

Present or Potential Health Problems:

Physical Activities I usually take part in on a weekly basis:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Circle your current level of fitness

Poor

Fair

Average

Good

Excellent

REQUIREMENTS FOR MY SPORT

Health Related Fitness

Use the following rating scale: 1 2 3 4 5

Circle the number relevant to you

1 = not very important

3 = preferable for your sport

5 = essential for your sport

Cardiovascular Endurance 1 2 3 4 5

Why?

Muscular Endurance 1 2 3 4 5

Why?

Strength 1 2 3 4 5

Why?

Flexibility 1 2 3 4 5

Why?

REQUIREMENTS FOR MY SPORT
Skill Related Fitness

Use the following rating scale: 1 2 3 4 5

Circle the number relevant to you

1 = not very important

3 = preferable for your sport

5 = essential for your sport

Power 1 2 3 4 5

Why?

Agility 1 2 3 4 5

Why?

Balance 1 2 3 4 5

Why?

Co-ordination 1 2 3 4 5

Why?

Reaction Time 1 2 3 4 5

Why?

Speed 1 2 3 4 5

Why?

PRE-PEP FITNESS DATA

TEST	<i>RESULT</i>
1. Height (cm)	
2. Mass (Kg)	
○ Body fat (optional)	
3. CV distance in 12 mins (km)	
AND machine used	Write machine used HERE
4. Sit ups (no. in 30 secs)	
5. Standing broad jump (m)	
6. Sit and Reach (cm)	
7. One rep max (Kg)	
○ chest press	
○ shoulder press	
○ leg extensor	
Recovery Time after 12 minute CV (mins)	

ANALYSIS OF RECOVERY HEART RATE

RECOVERY HEART RATE - PRE PEP

Pulse rate	190						
	180						
	170						
	160						
	150						
	140						
	130						
	120						
	100						
	90						
	80						
	70						
	60						
	50						
	Session	REST	LAST MIN	RECOVERY 1	RECOVERY 2	RECOVERY 3	RECOVERY 4

Link your heart rates together to show your length of recovery after your hard 12 minutes of CV.

Why do we do a recovery time? What does it show?

What does YOUR recovery rate show?

PERSONAL EXERCISE PLAN

SPORT-

I know that the best way to stay motivated in my 'Personal Exercise Programme' is to set targets that are

- **Specific**
- **Measurable**
- **Agreed**
- **Realistic**
- **Time-Related**

My targets for my 'Personal Exercise Programme' are:

1.

2.

3.

PRINCIPLES OF TRAINING

All training programmes aim to improve performance. Any sound exercise programme should be based on **four** training principles.

Principle of Training	Description	How My Programme Meets This Principle
Specificity		
Progressive overload		
Reversibility		
Rest and recovery		

F.I.T.T. PRINCIPLE OF TRAINING

The F.I.T.T. principle should be applied to all training programmes. Write in below what each letter stands for and explain what it means.

F **How** **you train**

I **How** **you train**

T **How** **you train**

T **What** **of training**

In the table below, describe how your Personal Exercise Programme meets the F.I.T.T. Principle of Training

F.I.T.T. Principle	Description
F	
I	
T	
T	

YOU HAVE TO WORK ON 2 COMPONENTS EACH SESSION.

EXAMPLE PEP SESSION...

Section	Description - I am going to work on my C.V Endurance and Muscular Endurance					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		O.K
	Treadmill	2	7	3 mins		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	<p>Complete this section after you do each section.</p> <p>Use: Hard, O.K / Good, Too easy for e.g.</p> <p>Comment if you need the level / weight / speed / higher, lower or the same for each activity.</p>
	Treadmill	4	10	20	124 bpm	
	Cross Trainer	16	12	20	184 bpm	
	Rower	4	12	15	164	
Resistance	Machine		Weight KG's	Sets	Reps	<p>Comment if you need the level / weight / speed / higher, lower or the same for each activity.</p>
	Bench Press		45	4	15	
	Lat Pull Down		60	4	15	
	Shoulder Press		40	4	12	
	Leg Extension		60	4	15	
	Sit Ups			5	50	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
	Treadmill	5kph	6	3	64	
Changes for next session	CV		Resistance			
	<p>In here you will need to write down any changes you will make for the next session - changes in speed, time or level. Principle of progressive overload.</p>		<p>In here you will need to write down any changes you will make for the next session - changes in weight, sets or reps. Principle of progressive overload.</p>			

C.V Endurance

Your session should reflect the components of fitness you are working on!

Muscular Endurance

This is the only empty box on the page if you have done it right!

SESSION 1

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

SESSION 2

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

SESSION 3

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

SESSION 4

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

SESSION 5

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

SESSION 6

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

SESSION 7

Section	Description -					Evaluation
Warm-up	Machine	Level	Speed KPH	Time MINS		
CV	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Resistance	Machine		Weight KG's	Sets	Reps	
Cool Down	Machine	Level	Speed KPH	Time MINS	Last Min HR BPM	
Changes for next session	CV		Resistance			

POST-PEP FITNESS DATA

TEST	Pre from first sheet	Post	Difference + or - AND by how much?
1. Height (m)			
2. Mass (Kg)			
a. Body fat (optional)			
3. CV distance in 12 mins (km) AND Machine used (write below)			
4. Sit ups (no. in 30 secs)			
5. Standing broad jump (m)			
6. Sit and Reach (cm)			
7. One rep max (Kg) a. chest press			
○ shoulder press			
○ leg extensor			
Recovery Time after 12min CV (mins)			

ANALYSIS OF RECOVERY HEART RATE

RECOVERY HEART RATE - POST PEP

Pulse rate	190						
	180						
	170						
	160						
	150						
	140						
	130						
	120						
	100						
	90						
	80						
	70						
	60						
	50						
	Section	REST	LAST MIN	RECOVERY 1	RECOVERY 2	RECOVERY 3	RECOVERY 4

Has your recovery rate dropped over the period of lessons? (compare this chart to the initial one pre-test)

What conclusions can you draw about your fitness from these two graphs?

EVALUATION

Did the training programme help you to improve your fitness?

If yes, what areas of fitness did you improve ?

Which of the areas that you improved in, will help you in your chosen activity?
Explain why?

Which of the two training methods did you enjoy the most and why?

Which of the two training methods was most suited to your sport and why?

How did you apply the principles of training to your programme? (S.P.O.R. R&R)

How did you apply the FITT principle successfully?

What changes would you make to the programme?

GCSE P.E Exercise Activities Assessment Matrix

CV EQUIPMENT	MARKS / DISTANCE IN KM				
	1-2	3-4	5-6	7-8	9-10
CV DISTANCE MALE - TREADMILL	>1.8	1.8 - 2.0	2.1 - 2.3	2.4 - 2.6	2.7 – 2.8 and above
CV DISTANCE FEMALE - TREADMILL	>1.4	1.4 - 1.6	1.7 – 1.9	2.0 - 2.2	2.3 – 2.4 and above
CV DISTANCE MALE - BIKE	>3.2	3.2 - 3.5	3.6 – 3.9	4.0 - 4.3	4.4 – 4.6 and above
CV DISTANCE FEMALE - BIKE	>2.5	2.5 – 2.9	3.0 - 3.4	3.5 - 3.9	4.0 – 4.2 and above
CV DISTANCE MALE - ROWER	>1800	1800-1999	2000-2299	2300-2699	2700 – 2800 and above
CV DISTANCE FEMALE - ROWER	>1400	1400-1599	1600-1899	1900-2299	2300 - 2400 and above
CV DISTANCE MALE – H2O ROWER	>2800	2800-2999	3000-3299	3300-3699	3700 – 3800 and above
CV DISTANCE FEMALE – H2O ROWER	>2400	2400-2599	2600-2899	2900-3299	3300 - 3400 and above
CV DISTANCE MALE – X TRAINER	>1.7	1.7 – 1.9	2.0 - 2.2	2.3 - 2.5	2.6 – 2.7 and above
CV DISTANCE FEMALE – X TRAINER	>1.3	1.3 - 1.5	1.6 – 1.8	1.9 - 2.1	2.2 – 2.3 and above

HOW FAST DO I NEED TO TRAVEL???

TREADMILL

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE MALE – TREADMILL - KM's	>1.8	1.8 - 2.0	2.1 - 2.3	2.4 - 2.6	2.7 – 2.8 and above
SPEED – KM's	>9	9 - 10	10.5 - 11.5	12 - 13	13.5 – 14 +

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE FEMALE – TREADMILL - KM's	>1.4	1.4 - 1.6	1.7 – 1.9	2.0 - 2.2	2.3 – 2.4 and above
SPEED – KM's	>7	7 - 8	8.5 – 9.5	10 - 11	11.5 – 12 +

BIKE

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE MALE – BIKE - KM's	>3.2	3.2 - 3.5	3.6 – 3.9	4.0 - 4.3	4.4 – 4.6 and above
SPEED – KM's	>16	16 – 17.5	18 – 19.5	20 – 21.5	22 – 23+

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE FEMALE – BIKE - KM's	>2.5	2.5 – 2.9	3.0 - 3.4	3.5 - 3.9	4.0 – 4.2 and above
SPEED – KM's	>12.5	12.5 - 14.5	15 - 17	17.5 – 19.5	20 – 21+

ROWER

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE MALE – ROWER - KM's	>1800	1800-1999	2000-2299	2300-2699	2700 – 2800 and above
SPEED – KM's	>9	9 - 10	10 – 11.5	11.5 – 13.5	13.5 – 14+

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE FEMALE – ROWER - KM's	>1400	1400-1599	1600-1899	1900-2299	2300 - 2400 and above
SPEED – KM's	>7	7 - 8	8 – 9.5	9.5 – 11.5	11.5 – 12+

H2O ROWER

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE MALE – H2O ROWER - KM's	>2800	2800-2999	3000-3299	3300-3699	3700 – 3800 and above
SPEED – KM's	>14	14 - 15	15 – 16.5	16.5 – 18.5	18.5 – 19+

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE FEMALE – H2O ROWER - KM's	>2400	2400-2599	2600-2899	2900-3299	3300 - 3400 and above
SPEED – KM's	>12	12 - 13	13 – 14.5	14.5 – 16.5	16.5 – 17+

X - TRAINER

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE MALE – X-TRAINER - KM's	>1.7	1.7 – 1.9	2.0 - 2.2	2.3 - 2.5	2.6 – 2.7 and above
SPEED – KM's	>8.5	8.5 – 9.5	10 - 11	11.5 – 12.5	13 – 13.5+

	1-2	3-4	5-6	7-8	9-10
CV DISTANCE FEMALE – X-TRAINER - KM's	>1.3	1.3 - 1.5	1.6 – 1.8	1.9 - 2.1	2.2 – 2.3 and above
SPEED – KM's	>6.5	6.5 – 7.5	8 - 9	9.5 – 10.5	11 – 11.5+