



### GCSE PE Coursework

#### Introduction

- What weaknesses are you focusing on?
- Brief Summary of why these were your weaknesses.
- What is your base level of fitness/how do you know? (fitness tests/quantitative or qualitative data)
- How will you know you have made progress? (fitness tests/feedback)
- SMART Target (1 for each weakness)

#### Part 1 – Improving Component of Fitness Weakness

Topic/Theory	Content Required	✓
<b>6 Week Training Plan</b>  Hints and Tips Define any new key words <b>Relate everything to you.</b>	Introduction to plan <ul style="list-style-type: none"><li>• What CoF are you going to improve?</li><li>• What training methods are you going to use?</li><li>• Why?</li><li>• What training methods have you decided not to use?</li><li>• Why?</li></ul>	
	6 Week Plan <ul style="list-style-type: none"><li>• Start small – progress difficulty/intensity</li><li>• Include rest days</li><li>• At least 2 different methods of training</li><li>• Include intensities (Aerobic/Anaerobic/MHR)</li></ul>	
	Justification of plan <ul style="list-style-type: none"><li>• How have you used SPORT/FITT in your plan? Discuss each individually.</li><li>• How have you calculated intensities?</li><li>• Why are these intensities important for your sport?</li></ul>	

#### PART 2 – Component of Fitness Weakness

Topic/Theory	Content Required	✓
<b>Detailed session</b> <b>Hints and Tips</b> Select one session and write exactly what you would do in this session and why.	Your session should include: <ul style="list-style-type: none"><li>• Warm up (including the importance of a warm-up)</li><li>• Detail of the session (outline, SPORT, FITT)</li><li>• How intensities have been calculated</li><li>• Safety considerations</li><li>• Personal needs/ considerations</li><li>• Justification for the session (How this will improve CoF weakness)</li><li>• Cool down</li><li>• How will this session cause improvement (what do you expect to see)</li></ul>	

### PART 3 – Skill Weakness – Theory 1

Topic/Theory	Content Required	✓
<b>Related GCSE PE Theory Hints and Tips</b> Must link everything to you	<ul style="list-style-type: none"> <li>• Tell us what you know about the theory</li> <li>• How does this relate to your skill?</li> <li>• Justify how knowledge of this theory will help improve your skill weakness</li> <li>• How will you use it in the future?</li> </ul>	

### PART 4 – Skill Weakness – Theory 2

Topic/Theory	Content Required	✓
<b>Related GCSE PE Theory Hints and Tips</b> Must link everything to you	<ul style="list-style-type: none"> <li>• Tell us what you know about the theory</li> <li>• How does this relate to your skill?</li> <li>• Justify how knowledge of this theory will help improve your skill weakness</li> <li>• How will you use it in the future?</li> </ul>	

### PART 5 – Skill/CoF Weakness – Theory 3

Topic/Theory	Content Required	✓
<b>Related GCSE PE Theory Hints and Tips</b> Must link everything to you	<ul style="list-style-type: none"> <li>• Tell us what you know about the theory</li> <li>• How does this relate to your skill?</li> <li>• Justify how knowledge of this theory will help improve your skill weakness</li> <li>• How will you use it in the future?</li> </ul>	

### Conclusion

A summary of how what you plan to do will improve your overall performance.