

G.C.S.E. P.E. COURSEWORK

Section 1 – Planning, Performing, Monitoring and Evaluating a Health related exercise/ training programme including a warm-up/warm-down.

Candidates should plan, perform, monitor and evaluate their own exercise/training programme in order to demonstrate and apply knowledge and understanding of the basic fitness training principles underpinning performance. The programme should be designed specifically by candidates to enable them to demonstrate their knowledge and understanding of fitness and health and in particular

- how preparation , training and fitness relate to and affect performance;
- how to design and carry out activity and training programmes that have specific purposes;
- the importance of exercise and activity to personal, social and mental health and well-being;
- how to monitor and develop their own training, exercise and activity programme;
- develop leadership skills by leading a warm-up/warm-down.

As a guide for teachers and candidates, some of the points that could be included in each of the sections are listed below.

PLANNING – The candidates’ ability to plan an exercise/training programme that is appropriate to the activity demonstrating application of knowledge and the theory of the general principles of training.

There are 20 marks available for planning the programme, with a maximum of five marks available for each of four aspects.

1. Purpose/aim of the programme in relation to prior fitness, performance levels and any injuries/health problems.
2. Awareness of safety aspects/equipment/apparatus/physical/physiological.
3. Appropriateness of chosen exercises/training methods/activities/purpose of exercises/techniques used to improve fitness/skills.
4. Appropriate application of activities within the programme in relation to progression/overload/frequency/duration/time.tedium.

1. Purpose/aim of the programme in relation to prior fitness, performance levels and any injuries/health problems. 5 marks

- setting achievable targets.
- appropriate grading of the programme.
- relevance of the programme to the current activity level.
- testing of prior fitness.
- use of test results.
- links to health related components of fitness.

2. Awareness of safety aspects/equipment/apparatus physical/physiological. 5 marks

- identification of potential risks.
- preparing the body of activity.
- safety in relation to equipment/apparatus.
- types/order of activities.
- Enabling the body to recover from activity.

1. Appropriateness of chosen exercises/training methods/activities/purpose of Exercises/techniques used to improve fitness/skills (specificity). 5 marks

- reference to seasonal factors.
- relevance of the type of exercises.
- specificity
- suitability of the programme.
- balance of the programme.

2. Appropriate application of activities within the programme in relation to theoretical areas and principles of training, progression/overload/frequency/duration/time, tedium. 5 marks

- reference to principles of training.
- reference to effective intensity and duration.
- Intensity/training zones
- heart rate zones
- aerobic/anaerobic thresholds.

PERFORMING – Carrying out and performing the planned programme. The actual performance of the exercise/activities.

There are 20 marks available for performing the personal exercise training programme with a maximum of five marks available for each of four aspects.

i) Implementation of the planned programme – performing the exercise/activity with control, consistency and ease. 5 marks

ii) Completion of exercises/techniques in a safe/efficient manner. 5 marks

- safe and effective execution of exercise/activities.
- consideration of others in the group – prevent overcrowding at a station.

iii) Attitude/motivation towards improving personal exercise/fitness/skill level 5 marks

- sustaining activity over appropriate periods.

iv) Effective and appropriate warm-up/warm-down. 5 marks

MONITORING – How to monitor and develop their own training, exercise and activity programme. Regular and accurate recording and completion of results.

There are 10 marks available for monitoring the programme. A maximum of two marks is awarded for each of five categories.

- i) Use of a table for recording results. 2 marks**
 - does the monitoring include frequency/intensity/duration.
- ii) Brief notes/comments after each session (ongoing). 2 marks**
 - recording involvement in the programme and/or reactions to/effects of exercise.
- iii) Recording heart rate. 2 marks**
- iv) Recording recovery rate. 2 marks**
- v) Concluding statements/summary of results. 2 marks**

EVALUATING – Appraisal of the programme, both ongoing and summative in relation to the aims and the outcomes.

There are twenty marks available in total for the process of evaluating the personal exercise/training programme. Furthermore, a maximum of 6 marks is available for any of the four stages:

- **Evaluation of planning the programme**
- **Evaluation of performing the programme**
- **Evaluation of monitoring the programme**
- **The final evaluation/appraisal of the programme.**

To take account of the likelihood of a relevant fact being mentioned by a candidate at differing states of their evaluation, there is some overlap between sections. Whilst this provides flexibility, the evaluation of the differing stages may result in some duplicity, and candidates cannot be credited twice for the same factor e.g. assessment/explanation of the exercises being the correct choice – specificity, in the planning **and** monitoring phases **unless the explanations are different.**

There are eight factors that appear only once, these have been identified in *italics*.

- 1. Evaluation of planning the programme**
 - Reference to pre-test scores **2 marks**
 - Simple fitness test
 - Assessment of the appropriateness of the level at which the programme was pitched **2 marks**
 - The appropriateness of the order of exercise/activities within the programme. **2 marks**

		The application of the principles of training, progression, overload	<i>2 marks</i>
		Assessment/explanation of the exercises/ activities being the correct choice – specificity	<i>2 marks</i>
2.	Evaluation of performing the programme	The application of the principles of training i.e. progression/overload	<i>2 marks</i>
		Assessment/explanation of the exercises/ activities being the correct choice – specificity	<i>2 marks</i>
		The manageability of the programme	<i>2 marks</i>
		The appropriateness of the order of exercises/ activities within the programme	<i>2 marks</i>
		The enjoyment/interest/motivation experienced during the programme	<i>2 marks</i>
3.	Evaluation of monitoring the programme	Assessment/explanation of the exercises/ activities being the correct choice – specificity	<i>2 marks</i>
		The appropriateness of the order of exercises/ activities within the programme	<i>2 marks</i>
		Identification and explanation of any modifications made during the implementation period	<i>2 marks</i>
		Reference, with explanations, to the effects on the performer at any stage through the programme	<i>2 marks</i>
		Reference, with explanation, to the results recorded by the performer at any stage through the programme	<i>2 marks</i>
4.	Final evaluation/ appraisal of the programme	Reference to post-test scores - Comparison with pre-test	<i>2 marks</i>
		The manageability of the programme	<i>2 marks</i>
		Reference, with explanations, to the effects on the performer on completion of the programme – progress/development	<i>2 marks</i>
		Reference to what may happen next/ adaptations to any future programme/ planning	<i>2 marks</i>

Evidence required to support awarding the marks for monitoring and evaluating the programme

The evidence was fully explained, appropriate and detailed	Achieves well	2 marks
There was some evidence which lacked explanation and detail	Achieves	1 mark

**Leading a warm up/
warm-down**

To develop leadership skills by leading a warm-up/warm-down. To assess the candidates ability to show understanding and value of a warm-up or warm-down, when designing and leading an appropriately structured session.

There are a further 10 marks available for leading a warm-up/warm down session. As in the monitoring phase, there is a maximum of 2 marks available for each of the five categories.

- suitability of the exercises;
- appropriateness of the exercises to the sport/activity;
- the candidate’s ability to organize and lead the group;
- use of verbal communication skills;
- use of non-verbal communication skills.

Although the marks awarded for the leadership skills are recorded within this section, it should be noted that candidates can lead a warm-up/warm-down at any time during their GCSE course, i.e. in preparation for any activity that they participate in. This may be carried out in any core PE lesson, GCSE practical session or inter/intra-school competition/event. Where practicable, each candidate should be able to select their own choice of activity/sport when fulfilling this requirement.

Max 10 marks

- i) Suitability of exercises/activities included in the warm-up/warm-down session to increase/decrease the intensity of movement as appropriate **2 marks**
- ii) Utilisation of exercise/skills/equipment/ stretches appropriate to the sport/ activity/muscle group **2 marks**
- iii) Ability to organize and lead the group **2 marks**

iv) Use of verbal communication skills **2 marks**
- voice projection/volume/intonation/
clarity

(v) Use of non-verbal communication **2 marks**
skills – demonstration of exercises/
activities

Evidence required to support awarding the marks:

The evidence was fully explained, appropriate and detailed	Achieves well	2 marks
There was some evidence which lacked explanation and detail	Achieves	1 mark