

A Level PE Preparation Task

Over the next 4 weeks keep a log of your training, related to the sport that you wish to be assessed in (see list of sports below). This should include video evidence of your training.

The log should include any fitness testing, methods of training in detail and Principles of Training.

You should carry out a fitness or skills-based programme for this period.

If you have chosen Coaching as your practical assessment, please include lesson plans and any progression that may have been made with your group. You can also add a self-evaluation and a formal assessment made by another coach.

It can be set out as you wish e.g. Diary format or on a table.

e.g. Sport: Netball

DAY	ACTIVITY	DURATION	FITNESS TEST	METHODS OF TRAINING	COMPONENT OF FITNESS
MONDAY	5K Run	30 minutes	Bleep Test	Continuous Training	CV Endurance
TUESDAY	Rest	Rest	Rest	Rest	Rest
WEDNESDAY	Pilates	1 hour	N/a	Resistance Training	Strength

The table above is a fitness-based programme. You should clearly state what you have covered on each day for example how long the session was and what principles and methods of training you used. The knowledge gained from GCSE PE will support this work therefore the more information you use the better.

Assessment: The task will be assessed the same as an A level piece of work.

Activities included in the A level:

- Amateur boxing
- Association football
- Athletics
- Badminton
- Basketball
- Camogie
- Canoeing

- Cricket
- Cycling
- Contemporary dance
- Diving-platform
- Golf
- Gymnastics
- Handball
- Hockey
- Equestrian
- Hurling
- Kayaking
- Lacrosse
- Netball
- Rock climbing-outdoor only
- Rowing
- Rugby league
- Rugby union
- Sculling
- Skiing
- Snowboarding
- Squash
- Swimming
- Table tennis
- Tennis
- Trampolining
- Volleyball

(See DB if you wish for a list of Specialist activities)