

Spalding High School
Circuit training booklet
GCSE Physical Education

Candidate name:

Candidate number:

Centre number:

SECTION 1: KEY PROCESS B

A) FITNESS TESTS

1.) Pre circuit tests

Prior to beginning my circuit training, I took part in some fitness tests, in order to identify strengths and weaknesses in my abilities. I compared the results to the national averages.

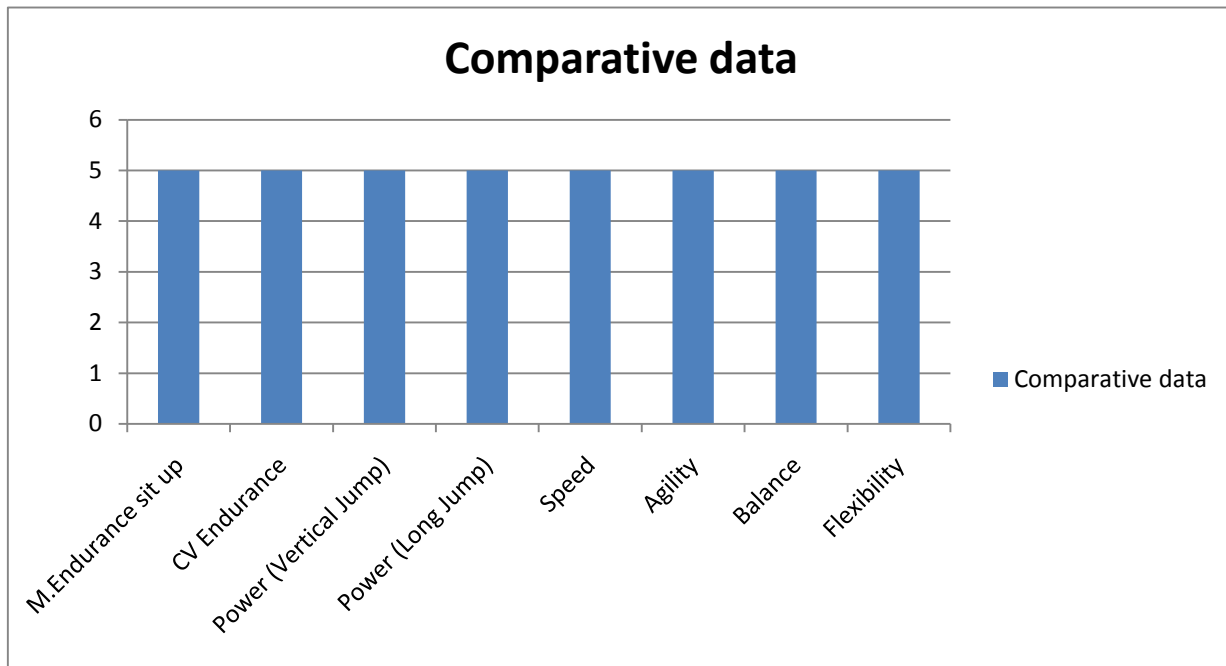
Excellent – 5 Above average – 4 National Average – 3 Below Average – 2 Very poor - 1

The results are below:

FITNESS TEST	AREA OF FITNESS TESTED	MEASURE	PRE PROGRAMME SCORE	COMPARISON TO NATIONAL AVERAGE	SCORE AWARDED
Sergeant Jump		Metres			
30 m Sprint test		Seconds			
Illinois Agility test		Seconds			
Sit and reach test		Centimetres			
Sit up test		Repetitions 1 minute			
Standing long jump		Metres			
Standing Stork test		Left leg Seconds: Right leg Seconds:			
12 minute cooper run		Distance in metres in 12 minutes			
			Overall fitness average		

2.) FITNESS ANALYSIS

Below is a comparison of my results against the national average. The 5 represents excellent and the 1 represents poor. The national average is 3.



Key Observations:

1.) What was your overall score and average rating?

2.) What were your areas of strength?

3.) What were your areas for improvement?

4.) Name the fitness components you will train in your circuit:

-
-
-
-
-

B) THE CIRCUIT

i) Fitness components

1.) Name the fitness components you will train – 3 minimum

- 1.
- 2.
- 3.
- 4.
- 5.

2.) Justify why you have chosen each of the fitness components

Fitness component:

Reason:

Fitness Component:

Reason:

Fitness component:

Reason:

Fitness component:

Reason:

Fitness component:

Reason:

C) CIRCUIT EXERCISES

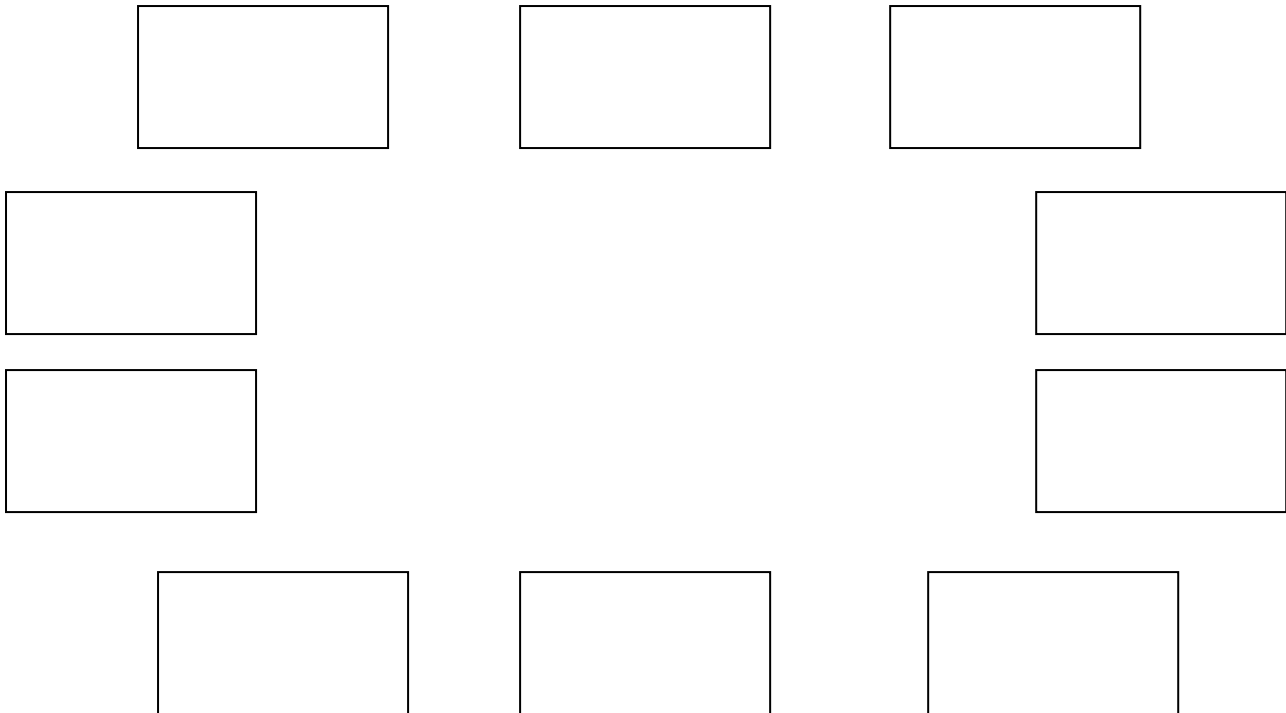
Name the exercises that you will carry out. You must cover all fitness components you intend to improve.

Exercise	Fitness component	Muscle/s being exercised

D) CIRCUIT PLANNING

In order to improve the components of fitness you have chosen you must complete at least 5 circuit training sessions.

Below is a diagram of a 10 station circuit, in order to show your knowledge of circuits insert the exercises you intend to perform in each box and use a key to state the fitness component.



In order for improvement to occur you must apply the principles of progression and overload. This might be in the number of repetitions and sets, the amount of time on each station and the rest period in between.

In the table below show a 5 session circuit plan.

Station	Exercise	Session				
		1	2	3	4	5
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

FITNESS TEST POST TRAINING:

After I completed my training sessions, I re-tested my abilities. The results are below:

FITNESS TEST	AREA OF FITNESS TESTED	MEASURE	POST PROGRAMME SCORE	COMPARISON TO NATIONAL AVERAGE	SCORE AWARDED
Sergeant Jump		Metres			
30 m Sprint test		Seconds			
Illinois Agility test		Seconds			
Sit and reach test		Centimetres			
Sit up test		Repetitions 1 minute			
Standing long jump		Metres			
Standing Stork test		Left leg Seconds: Right leg Seconds:			
12 minute cooper run		Distance in metres in 12 minutes			
			Overall fitness average		

PRE TEST AVERAGE:

POST TEST AVERAGE:

% IMPROVEMENT:

SECTION 2: KEY PROCESS A

A) Choice of exercises

Fill in the following table showing the exercises you have chosen. You must link them to the following exercises:

1. Arm specific exercises
2. Leg specific exercises
3. Torso specific exercises
4. Combination exercises
5. Whole body exercises

Ensure you put the exercises in the same order of your circuit plan.

	Exercise	Specific type of exercise
	E.G Abdominal curls	Torso specific
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Marks will be awarded in this section for the following:

- B) Showing progression and use of overload of the exercises, pg 7**
- C) Quality shown in carrying out the exercises.**

Session plans:

For each of your sessions you should create a suitable plan. This should include details of your warm up, stations and cool-down. It should also have a specific aim for the session, evaluation and considerations for the next session.

Session:	Date:
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Warm up:

Stations:

Station/Exercise	Intensity/weight	Time	Reps/sets	Rest time

Cool Down:

Evaluation of session:

Changes for next session:

