

GCSE PE

PFP

**SECTION D -
EVALUATION**

Name.....

Evaluation (page at least)

Use this page to evaluate your whole PFP. Use these questions as a starting point for your evaluation. Remember the more critical you are the better!

Now show off your evaluative skills!!

Key suggestions to include:

- Did you make any improvements on your fitness for component 1? Explain.
- If you have made any improvements / progressions why did this happen?
- What do the results say about the quality of your training?
- What would you change for the training for component 1 if you were to do the programme again?
- Did you make any improvements on your fitness for component 2? Explain.
- If you have made any improvements / progressions why did this happen?
- What do the results say about the quality of your training?
- What would you change for the training for component 2 if you were to do the programme again?
- If you didn't make progress or as much as you hoped, why did this happen?

Additional suggestions to include:

- What worked well?
- What could you do better?
- Was your planning good enough?
- Were there things you didn't anticipate that affected your training (illness. Injury, holidays, lack of facilities)?
- Were the methods of training you used appropriate and effective?
- How effective do you think your application of the principles of training were? (F.I.T.T. and SPORT)
- Were the components of fitness you identified appropriate?
- Did you understand the training zones and were you able to monitor whether or not you were working at the correct intensity?
- Did you enjoy the training sessions?
- How do you think your training programme will benefit you in your chosen sport? Please refer to strengths and weaknesses that you identified earlier.
- Anything else of relevance to the programme

Recommendations for future training (page at least)

Finally include recommendations for future training.

- Where are you going to go next with your training? *(other components of fitness to improve? Different training methods? Further develop your original 2 target components of fitness?)*
- Why are you going to decide this?
- Do you still need to improve the components of fitness you identified? Why?
- What would you improve for future training? Alternative training methods?