GCSE PE PFP SECTION D EVALUATION

Name.....

Now you have completed your 8 weeks training, it is time to see the improvements (hopefully). You will complete the same tests that you did at the start of the process and compare them against national norms. Put these results in a table and compare them against the first set of results.

YOU MUST INCLUDE AT LEAST 1 GRAPH ON EITHER HEART RATE OR IMPROVEMENTS IN YOUR TRAINING!!!!

POST FITNESS TRAINING TESTING:

Component of fitness	Test carried out	Starting result	Normative data	End results	Normative data	Comparison with results before training (Improvement / deterioration)

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 componets 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?