**Unit 4 Physical Education**

**Area of Study 2: 6 Week Training Program & Written Report**

*What you need to know AND understand!*

**Wednesday August 25 period 2:** you will have 20mins to write up 6-week training program on template

**Thursday August 26 period 3:** you will have the hour to do your written report

**Tips for 6 Week Training Program:**

* 6 week training program must be written like a training program, NO EXPLANATIONS (save this for the written report) or assumptions (include prescribed reps, sets, weights etc).
* I must be able to read it and know EXACTLY what the athlete is doing each training session and how (think Training Principles)
* You just need to write ‘Warm up’ at the start of each session and ‘Cool down’ at the end (no further explanation required)
* Make sure you put the training program goals at the top of the 6 week program, don’t need to include them in sessions

**Tips for Written Report:**

* Introduction: sets the scene gives background information on case study, states the aim purpose of the 6-week training program and outlines the sections in the body of the report
* Body Paragraphs:
  + 2 Paragraphs (one for each TM)
    - Using the information from the case study and your knowledge of AoS 2, you need to justify your selection of two training methods (TM), you should incorporate examples from the training program to support your knowledge for each TM
  + 3 Paragraphs (one for each Training Principle listed – you won’t which 3 until the day of SAC)
    - Using information from the case study and your knowledge on AoS 2, you need to justify the importance of each Training Principle (TP) in the training program, you should incorporate examples from the training program to support your knowledge for each TP
* Conclusion: summary, what the report achieved – did it meet its aims, the significance of the findings and a discussion and interpretation of the findings, may include recommendations all related to the training program and case study

*If you are still unsure ASK, best way to be prepared is to complete the practice case study and submit for feedback. I will always try and mark your work and give feedback but emailing me on Tuesday Aug 24 is not the best time!*

*Revise over ALL the TRAINING METHODS and TRAINING PRINCIPLES so you actually understand them.*

*Remember this is marked holistically, don’t write unnecessary things but ensure you include comprehensive and correct application of TM & TP in your training program.*

I would say Good Luck but you don’t need it – you just need to be prepared 😊