PE assessment

3a. The chosen activity that requires physical, skill-related and mental fitness that I have chosen is football. The position that I play that requires these types of fitness is central midfield. As a central midfield I am required to make different types of runs at different intensitys to help join in attack, help track back and defend and able to get the ball and play passes to the forwards or the winges.

One aspect of physical fitness that is important to play the central midfield role is Cardio Respiratory Endurance. Cardio respiratory endurance is important because football is a high tempo game that requires a high fitness level to keep up with play and able to make runs at different intensites to help with the attack or help out the defense. It is also important to have a good level of Cardio Respiratory Endurance because if you play against somebody with a high fitness level but poor CRE they will tire too much faster then you meaning you will be able to make more runs at a higher speed given you more time on the ball as you would have lost your marker with the poor CRE level.

One aspect of skill-related fitness that is important to play the central midfield role is agility. Agility is required because as a central midfield you are required to make space, collect

the ball and make passes that will benefit your team. By having a better agility than your opposition you will be able to get into space quicker then your opponent, by receiving the ball in this space gives you more time on the ball to pick out a pass. Also by moving into space quicker helps create more space for your team-mates to make runs into the space to receive the ball and allows you once passed the ball on to look for the next bit of space to run into.

One aspect of mental fitness that is required to play the central midfield role is level of arousal. Level of arousal is your motivation of playing a match so if your level of arousal is low you become lazy and can't be bothered to play. Or if your level of arousal is too high you become anxious and nervous and by this happening you become prone to make mistakes and miss time tackles. But by having a good level of arousal you will be relaxed and able to play to the best full of your ability which is vital for your team-mates as a 11 motivated players with a good level of arousal tend to do well and win games.

b.
An aspect of fitness that I found to be a weakness and a developing need was speed endurance. I identified this by video recording my performance in a competitive match.

It was a competitive match, 11 vs 11 when I was recorded to identify a weakness in my performance. the 11a-side match was against a team of similar ability this meant that the data would be accurate and that one team would not be overpowering the other team as that would not give a fair reflection of everyones performance, some people would be over rated and others perhaps under rated.

After the match was recorded I then watched the playback of the match and filled out a time related observation schedule, in this observation schedule it was broken down into two 45 minute halves and even further into 5 minuted slots, this allowed me to identify exactly when throughout the 90 minute match it began to fatigue. Along the top of the observation schedule there was walk, jog, mid pace run, sprint and a comments box for each five minute period. I then watched the video recording of my performance and timed every time I walked, jogged, mid-pace ran or sprinted. Towards the end of the match I noticed that there was less sprints and mid-pace runs and more jogs and walks so this help me identify speed endurance as a development need.

This was an appropriate method of data gathering as it was in-with the activity so it was a game like test and it was video recorded so

I was able to pause and rewind so that I did not miss anything therefore this give me accurate and reliable data.

Other ways that I gathered information on speed endurance was by doing initial tests, these were appropriate as it was out-with the activity therefore knowledge of the sport activity football did not effect my results, these tests were the u-t-15 derived speed endurance test and the 10m, 25m and 50m sprint test.

The u-t-15 derived speed endurance test was when two cones were set out 10m apart and I then had to do 10, 10 metre sprints whilst being timed, I done this three times with a minute rest inbetween. The 10, 25, 50m sprint test was when I done 50m sprints and I was timed at the 10m mark, 25 metre mark and 50m mark. I also completed this 3 times with a 30 second rest inbetween. The data for each of these tests was recorded and could then better compared with later results, and returned averages.

c) To create a training programme, I used my test results from the initial testing to develop weeks 1 & 2 of the programme. This programme was devised to help improve my speed endurance. To do so I had to consider 4 principles of training to help create my programme.

Firstly I used specificity. I had to find a type of training which was similar to my game situations. I found that interval training was the most specific. As I worked for a period of time and rested. This allowed me to have a work to rest ratio that I could calculate. Also by doing interval training I was using my initial test results to set up weeks 1 & 2 of my training programme. So it was specific to my current fitness levels.

Secondly I looked at duration. Duration is how long you work for or rest for. For my training programme I had a six week plan split into 3 x 2 week blocks. This also relates to how long of a rest I had between each sprint or set e.g. 20 sec rest.

Thirdly I looked at frequency. Frequency relates to how many times you do something. For weeks 1 & 2 / 3 & 4 I trained 3 times a week mon/wed/fri. With a rest time inbetween each session to allow me to recover from muscle

fatigue and perform at my best each
time I train. Then weeks 5/6 I trained 15 times a week. This also relates to
how many time you carry at
a set or sprint e.g 3×50m @ GBU.

Finally I looked at progressive overload
This is when you use the 3 other
principles of training to increase your
training programme. I done interim
testing after week 2 and compared
the results to see if I had made
any improvements. From this I then
Made weeks 3&4 and made changes
to my programme e.g.

3×50 m	GBU	10sec rest
_TO_		
5×50 m	100%	15 sec rest
10×10 m	50%	10 sec rest
10×10m	100%	10 sec rest

Progressive overload allows me to monitor
the small changes in my performance
which lead to my over~~all~~ all goal
This can be motivating as you see
changes occur and will help you to
work harder in your overall performance
of your training programme.

d) It is important to evaluate the effects of my programme on my overall performance as it allows me to see if my performance has progressed during the training period, and if my programme has been successful/effective. If it is not then I can look at the parts which are less effective and adapt them to keep improving. If my program was effective it can motivate me to see that I am improving and will make me continue to work.