

AQA GCSE PE Written Coursework Scaffolding

Fitness Strength

My fitness strength is (select component of fitness).

I know this is one of my strengths as when I completed the (name an appropriate fitness test, give your test result, say how this compares to national average, insert the score table for the relevant fitness test - see Brian Mac website).

I need (name of component of fitness) for my sport/playing position when..... (give situations where you would use this component of fitness and the impact it has on your overall performance).

Match Example 1

In a recent game against (give the name of opposition) my (component of fitness) was crucial when (give a scenario from the game where you had to use your component of fitness to your advantage. Explain what happened).

The reason why my (component of fitness) is a strength is because (explain any technique involved, that allows you to excel in this area of fitness).

The impact of using my (component of fitness) in this example to my advantage was (explain impact of strength, what did it allow you to do? How did it help your team? What would have happened if this component of fitness was not a strength?)

Match Example 2

During a second game against (give the name of opposition) my (component of fitness) was crucial when (give a scenario from the game where you had to use your component of fitness to your advantage. Explain what happened).

The reason why my (component of fitness) is a strength in this example is because (explain any technique involved, that allows you to excel in this area of fitness).

The impact of using my (component of fitness) to my advantage was (explain impact of strength, what did it allow you to do? How did it help your team? What would have happened if this component of fitness was not a strength?)

Fitness Strength Worked Example (Full Marks)

My fitness strength is muscular strength. Muscular strength is ‘the ability of the muscles to apply a force against a resistance’. I know that this one of my strengths as when I completed the Hand Grip Dynamometer Test I scored 64, this places me in the excellent category for muscular strength.

Gender	Excellent	Good	Average	Fair	Poor
Male	>56	51-56	45-50	39-44	<39
Female	>36	31-36	25-30	19-24	<19

I need muscular strength in rugby for a wide range of situations, as a winger I often find myself one on one with defenders. Muscular strength is vital for handing the defender off and beating him to score a try, in this situation the strength of the triceps is important. The stronger this muscle is the more force I can apply during my hand-off. I also need muscular strength at the tackle area to ruck against the opposition pushing them back using the strength of my leg muscles, such as the quadriceps and hamstrings. This allows me to prevent the opposition from stealing our ball at the ducks and mauls. Lastly strength is vital for me to break through tackles, this enables me to be a more dangerous attacking player and score more tries for my team.

Commented [MH1]: Muscles involved identified.

Commented [MH2]: Muscles involved identified.

During a match against Sidcup RFC on December 1st my muscular strength was crucial for me to hand-off a defender. As I approached the defender I recognised he would try to tackle me from the side on position. As the defender came in to make the tackle, I adopted a strong wide base with my feet, I then bent my arm using flexion at the elbow joint. Using muscular strength, I thrust my hand into the defender’s chest, using extension at the elbow to push him away and break through his tackle. The strength in my triceps muscle enabled me to apply a large force against the defender, pushing him down into the ground to prevent him tackling me. This then gave me a clear run into the try line, scoring a vital try for my team which eventually led to us winning the match. Had I not possessed such a high level of muscular strength I would not have been able to successfully hand-off the defender, he would have been likely to be able to resist my attempted fend and would have completed the tackle. This would have prevented me from scoring a try for my team.

Commented [MH3]: Opposition and date of performance stated.

Commented [MH4]: Analysis of technique involved.

Commented [MH5]: Impact of strength on performance given, benefit provided to personal performance and team.

Commented [MH6]: What would have happened had I not possessed such strength?

During a second match against Old Elthamians on the 2nd January my strength was crucial when breaking through a defender’s attempted tackle. During this situation the strength of my quadriceps and hamstrings muscles enabled me to break through the tackle. The

Commented [MH7]: Opposition and date of second performance stated.

Commented [MH8]: Muscles involved identified.

reason why I was able to use my muscular strength to my advantage during this example was due to my excellent technique in the contact. As I approached the defender I adopted a low body position, and lunged forward into the tackler with a big forward step. This meant I had excellent balance and low centre of gravity. As the tackler made contact with me I used the explosive strength in my quadriceps and hamstrings to pump my legs and continue to take large steps forward with a high knee lift. It was these strong, powerful steps that led to the tackler losing his grip on my legs and I eventually broke through his tackle making significant territory for our team. Had I not possessed such strength in my leg muscles, my leg drive through the tackle would have been significantly weaker. This would have enabled the defender to hold onto my legs in the tackle, and eventually bring me to ground. As a result I would have not made and territory gain for my team, ultimately making me a less dangerous player in attack.

Commented [MH9]: Analysis of technique.

Commented [MH10]: What would have happened had I not possessed such strength?

Commented [MH11]: Impact of performance on team stated.

Fitness Weakness

My fitness weakness is (select component of fitness).

I know this is one of my weaknesses as when I completed the (name an appropriate fitness test, give your test result, say how this compares to national average, insert the score table for the relevant fitness test - see Brian Mac website).

I need (name of component of fitness) for my sport/playing position when..... (give situations where you would use this component of fitness).

Match Example 1

In a recent game against (give the name of opposition) my (component of fitness) caused a problem when (give a scenario from the game where you had to use your component of fitness and it negatively effected your performance. Explain what happened as a result of your weakness).

The reason why my (component of fitness) is a weakness in this example was (explain any technique involved, that creates a problem for you within this area of fitness).

The impact of my (component of fitness) being a weakness was (explain impact of weakness, what did it not allow you to do? How did negatively effect your team? What would you have been able to differently if this area of fitness was a strength?)

Match Example 2

During a second game against (give the name of opposition) my (component of fitness) caused a problem when (give a scenario from the game where you had to use your component of fitness and it negatively effected your performance. Explain what happened as a result of your weakness).

The reason why my (component of fitness) is a weakness in this example was (explain any technique involved, that allows you to excel in this area of fitness).

The impact of my (component of fitness) being a weakness was (explain impact of weakness, what did it not allow you to do? How did negatively effect your team? What would you have been able to differently in the game if this area of fitness was a strength?)

Skill Strength

My skill strength is (select a skill from the specification for your sport).

I need (selected skill) for my sport/playing position when..... (give situations where you would use this skill and the impact it has on your overall performance).

In a recent game against (give the name of opposition) my (skill) was crucial whilst (give a scenario from the game where you had to use your skill strength to your advantage. Explain what happened).

The reason why my (skill) is a strength in this example was (explain any technique involved, movement analysis, that allows you to excel at this particular skill).

The impact of using my (skill) to my advantage was (explain impact of skill, what did it allow you to do? How did it help your team? What would have happened if this skill was not a strength?)

Match Example 2

During a second game against (give the name of opposition) my (skill) was crucial whilst (give a scenario from the game where you had to use your skill strength to your advantage. Explain what happened).

The reason why my (skill) is a strength in this example was (explain any technique involved, movement analysis, that allows you to excel at this particular skill).

The impact of using my (skill) to my advantage was (explain impact of skill, what did it allow you to do? How did it help your team? What would have happened if this skill was not a strength?)

Skill Weakness

My skill weakness is (select a skill from the specification for your sport).

I need (selected skill) for my sport/playing position when..... (give situations where you would use this skill and the impact it has on your overall performance).

Match Example 1

In a recent game against (give the name of opposition) my (skill) was a weakness when (give a scenario from the game where you had to your skill had a negative impact on your performance. Explain what happened).

The reason why my (skill) was a weakness in this example was (explain any technique involved, movement analysis, that makes this skill a weakness for you).

The impact of my (skill) being a weakness was (explain impact of skill weakness, what did prevent you from doing? How did it hinder your team? What would have been able to do differently if this skill was a strength?).

Match Example 2

During a second game against (give the name of opposition) my (skill) was a weakness when (give a scenario from the game where you had to use your skill had a negative impact on your performance. Explain what happened).

The reason why my (skill) was a weakness in this example was (explain any technique involved, movement analysis, that makes this skill a weakness for you).

The impact of my (skill) being a weakness was (explain impact of skill weakness, what did prevent you from doing? How did it hinder your team? What would have been able to do differently if this skill was a strength?).

Fitness Evaluation

As identified earlier my fitness weakness was (insert fitness weakness), to develop this area of weakness I will follow a 6 week training programme. The most suitable method of training to use is (insert the most suitable method of training). The reason why this is the most suitable method of training for improving my weakness is (explain how this method of training will enable you to improve your fitness weakness, how does it meet the needs of your sport? How is it specific to your activity? What are the advantages of you following this method of training?).

When following my training programme, it is important that I work at the correct intensity, the intensity I work at needs to meet the demands of my sport. I will need to work in the (say what training zone you need to work in and why, aerobic/anaerobic, what % of maximum heart rate will you be working at?)

I need to calculate the intensity I will work at so I know if I am working hard enough when training (calculate MHR=220-age, calculate HR for your training zone, aerobic 60-80% and anaerobic 80-90% of MHR, if calculating weight to lift - to improve muscular strength lift more than 70% of 1 rep max for 4-8reps and 3 sets. For muscular endurance lift below 70% of 1RM for 12-15reps and 3 sets. Allow 1 minute rest between sets).

I will train 2-3 times per week, my training programme will consist of the following (insert your training programme, if using weight training then you need approx 6-8 exercises if using circuit training include 6-8 stations. Explain each exercise in detail, insert pictures and diagrams to illustrate each exercise where possible. Include intensities for any exercise you follow).

The impact of me following this training programme for 6 weeks or more will enable me to improve my (insert fitness weakness). This will allow me to (explain what areas of your game will be improved by developing this area of fitness. How will this improvement benefit you and your team? What will it allow you to do that you couldn't do before?).

Fitness Evaluation Worked Example (Full Marks)

As identified earlier my fitness weakness is agility, to develop this area of weakness I am going to follow a 6 week training programme. The most suitable method of training to use is circuit training. The reason why this is most suitable is the circuit can be designed to meet my specific individual needs. I will incorporate a number of stations that use Speed Agility and Quickness (SAQ) drills to work on my agility. I can also make some of the stations specific to my sport of rugby by introducing a rugby ball to some of the drills, this will also improve my skill level at the same time which will benefit my performance. Finally my team mates can also join in and complete the circuit at the same time as me, this will help motivate me during my training, and I will work harder as a result.

Commented [MH12]: Fitness weakness stated.

Commented [MH13]: Appropriate method of training identified.

Commented [MH14]: Justification of why circuit training is the most effective method of training to use.

When following my training programme, it is important that I work at the correct intensity, this needs to reflect the demands of my sport. When using agility in the game of rugby it tends to involve explosive, short, sharp and powerful movements. Due to the nature of these movements they are anaerobic. So when I am completing my circuit training I need to train at high intensity, working in the anaerobic zone.

Commented [MH15]: Correct training zone identified.

I need to calculate the intensity I need to work at during my training so that I can monitor my intensity through-out and ensure I am working hard enough. I can calculate my maximum heart rate as follows:

$$\text{MHR} = 220 - \text{Age}$$

$$\text{MHR} = 220 - 15$$

$$\text{MHR} = 205 \text{BPM}$$

To work in the anaerobic training zone I need to work at 80-90% of my maximum heart rate during my training session. I can calculate this as follows:

$$\text{Lower Anaerobic Threshold} = 0.8 \times 205$$

$$\text{Lower Anaerobic Threshold} = 164 \text{BPM}$$

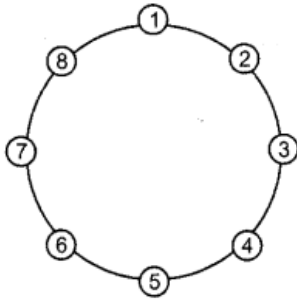
$$\text{Upper Anaerobic Threshold} = 0.9 \times 205$$

$$\text{Upper Anaerobic Threshold} = 184 \text{BPM}$$

Commented [MH16]: Training intensities calculated.

So when I complete my circuit session I must ensure I keep my heart rate between 164 and 184BPM. I can monitor this by using a heart rate monitor. I will work at each station for 1 minute. Following each station, I will have a 2 minute rest to ensure I have fully recovered for the next station so I can work at the high intensity again whilst maintaining good technique.

I will train 2-3 times per week, my training programme will consist of the following:



Station 1 – Two footed mini hurdle jumps

Station 2 – 30metre shuttle runs (with rugby ball scoring try on turn at each end)

Station 3 – Ladder drill, one foot in each rung

Station 4 – One legged hops over mini hurdles


Station 5 – Sidesteps around agility poles (with rugby ball)





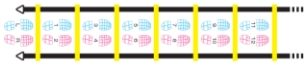
Station 6 – Ladder drill, two feet in each rung



Station 7 – 30metre sprint with varied start positions

Station 8 – High knees over mini hurdles (with rugby ball)

Commented [MH17]: Example of training session.

Station	Diagram	Explanation and Impact on Performance
Station 1 - Two footed mini hurdle jumps		Keep both feet together, lift knees explosively, use arms to help power upwards. Improves leg power and strength and ability to change body position quickly. Will develop ability to jump higher, enabling me to win more high balls by jumping higher than opponent.
Station 2 – 30metre shuttle runs (with rugby ball scoring try on turn at each end)		Two lines 30metres apart, sprint using arm dive and high knee lift. Touch ball on line at each end. Will improve ability to change direction at speed

		<p>and improve acceleration over 30metres.</p>
<p>Station 3 - Ladder drill, one foot in each rung</p>		<p>One foot placed in each rung of ladder, will develop quick footwork. Place one foot in each rung. Keep head up, high knee lift and arm action. Will enable me to use my footwork and quickly change direction to beat defenders.</p>
<p>Station 4 - One legged hops over mini hurdles</p>		<p>Work on alternative legs, first rep right leg, second rep left leg. Will develop leg power and stability to enable quick explosive changes of direction.</p>
<p>Station 5 - Sidesteps around agility poles (with rugby ball)</p>		<p>Will develop my sidestepping ability, with quick powerful changes of direction around agility poles. Carry rugby ball whilst carrying out exercise. Will enable me to beat defenders more easily with my sidesteps, to be a more dangerous attacking player.</p>
<p>Station 6 - Ladder drill, two feet in each rung</p>		<p>Each foot needs to be placed in each rung of the ladder, one at a time. Will develop incredibly quick footwork that can be used to beat defenders. Use high knee lift and full arm action.</p>

<p>Station 7 - 30metre sprint with varied start positions</p>		<p>Sprint 30metres and vary the start positions. First rep – start laying down on chest. Second rep – start laying down on back. Third rep – start facing the opposite direction to sprint. Fourth rep – start in 3point stance. Will develop getting up off of the floor quickly from rucks and mauls and accelerating quickly.</p>
<p>Station 8 - High knees over mini hurdles (with rugby ball)</p>		<p>Sprint at pace over hurdles, using a high knee lift and driving the arms. Work on the balls of feet. Will develop a high knee lift when sprinting, making me more difficult to tackle.</p>

Commented [MH18]: Explanation of exercises followed.

The impact of me following this training programme for 6 weeks or more will enable me to improve my agility. This will allow me to change the position of my body more accurately and at higher speed. This will enable me to quickly adapt my body position during a match and be able to evade my opponents. As a result, I will be more dangerous in attack, beating more defenders. Opposition will find it a lot more difficult to tackle me as I will be able to use my improved footwork to outwit them. Many of the exercises also involve developing leg power and balance, this will enable me to be a more dynamic attacking player, when I want to change direction and use my agility it will be more explosive as a result. This will increase the likelihood of me breaking through more tackles.

Commented [MH19]:

As I find the exercises become easier it is important that I increase the difficulty of them to ensure that I maintain progressive overload. This could be achieved by decreasing rest in-between stations, or increasing the height of hurdles for example.

Theory Evaluation

As already discussed my skill weakness was (insert skill weakness). I feel that this may be due to (select an area from the theory course that may have a negative impact on the performance of your skill weakness. Suggested topics include - inability to control arousal, poor diet. You must apply the theory to your weakness, be clear how it affects you. You then need to identify strategies to improve your weakness for example stress management techniques - mental rehearsal, visualisation, imagery, positive self-talk and deep breathing or balanced diet and nutritional strategies.)

The impact of following these strategies will improve the quality of my (skill weakness) this will enable me to (explain how this will enable you to improve your game, what will you be able to do differently? How will you be able to perform better? How will this benefit your team?)

Theory Evaluation Worked Example (Full Marks)

As already discussed my skill weakness was tackling. I feel that this may be due to my arousal levels when attempting to make a tackle. Arousal is defined as a performer's 'Readiness to perform', arousal can range from 'deep sleep to highly alert'. Tackling in rugby requires a large amount of power, and the use of major muscle groups in the legs, such as the quadriceps hamstrings and gluteus maximus. It also requires large movements of the arms using the biceps and triceps muscles to help wrap the player's legs in the tackle. The skill of tackling can be classified as a gross skill.

Gross skills require a higher level of optimum arousal in order to deliver the best possible performance. Therefore, in order to make a successful tackle I need to have very high level of arousal. During many matches when I have attempted to make a tackle I have felt nervous and anxious, I worry that I may miss the tackle which could lead to our team conceding a try. These nerves are a sign and symptom of under arousal. According to the Inverted-U Theory of arousal, under-arousal leads to poor performance, this can be seen in my performance by me missing tackles. The graph below illustrates this:

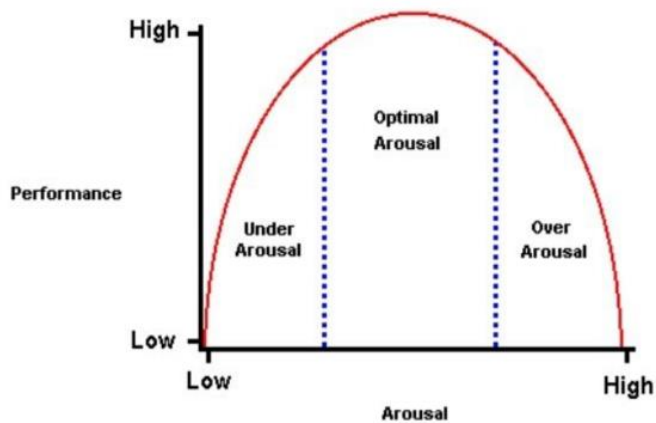
Commented [MH20]: Weakness highlighted.

Commented [MH21]: Link to an appropriate area of theory.

Commented [MH22]: Key definitions of arousal to give meaning.

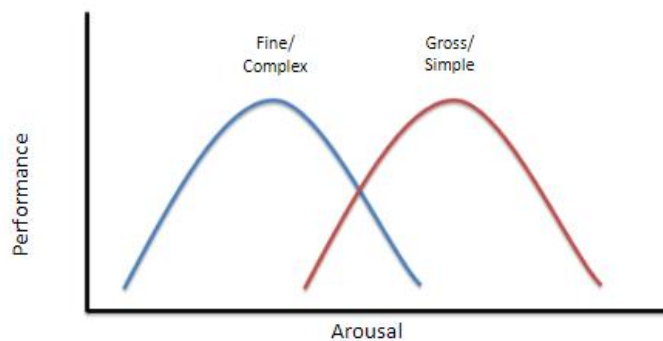
Commented [MH23]: Applied knowledge of gross skills.

Commented [MH24]: Explanation of why weakness occurs.



I feel that I may be under-aroused as during a match some skills in rugby require finer more precise control, using smaller muscle groups. An example of this may be passing over a short distance. This sort of skill can be classified as a fine skill. Fine skills require a lower level of optimum arousal to deliver the best possible performance, this can be seen in the graph below.

Commented [MH25]: Applied knowledge of under-arousal.



My arousal level for performing a tackle can often be too low if I had to perform a fine skill such as a short pass, shortly before attempting the tackle. I find it difficult to increase my arousal to the optimum level, it is in this situation that I find myself missing most tackles.

In order to improve my arousal control there are a number of arousal control techniques that I can use. These strategies can be categorised as either physical (somatic) or mental (cognitive). The first strategy I can use is visualisation which is a mental control strategy. Visualisation is where I would create a mental image of somebody successfully completing a tackle. By creating this picture of the successful movement it will help me focus on

making my tackle, reduce tension and anxiety in my body and enable me to elevate my arousal level in preparation for the tackle. I will use this strategy when my team are defending, it can also be used in the build up to a tackle, this will ensure I am prepared and ready to make a tackle with optimal arousal.

I will also use mental rehearsal; this will involve me running through the performance of a rugby tackle in my mind. This will allow me to focus on the feeling of the correct successful technique of the tackle. I can use this technique during stoppages in play, and just prior to my team having to defend. Mental rehearsal will again help reduce nerves and tension in my body and ensure that I am at the optimal level of arousal, thus enabling me to make successful tackles.

The overall impact of using these techniques will mean that I am able to have better control over my arousal levels. I will be able to manage my arousal levels and ensure that I can either increase it or decrease it to the required level depending on whether I am trying to perform a gross skill or a fine skill. This will mean that I will be a more reliable defender for my team and have far fewer missed tackles. Due to me being able to elevate my arousal levels for tackles requiring gross movements I will be able to apply more force in the tackle, and dominate the tackle area. I will be able to use the large muscle groups in my legs to drive the opponent back in the tackle.

Commented [MH26]: Strategies to overcome weakness identified and explained as to how they can be used.

Commented [MH27]: Impact of using strategies discussed.