

**Entry Level Certificate in
Physical Education (8930)
March 2002**

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Introduction

Rationale

These worksheets are designed to help enable candidates both to enjoy physical activity and to develop an appreciation of issues relating to personal health, exercise and safe practice.

Candidates will be required to develop a simple Personal Exercise Programme (PEP) for their selected area, based upon their investigation, evaluation and reporting of the set worksheets.

Candidates undertaking the Entry Level Certificate in Physical Education will generally be of GCSE grade G or below.

The make up of the worksheets is aimed to cover the understanding of healthy lifestyles as well as support the improvement, via the PEP, of the chosen area of activity. This should also lead to the beginnings of obtaining and recording information.

Marking Criteria for the PEP

Marking criteria	Maximum mark
Accuracy and understanding of terms	1
Collecting and recording of information	5
Using information collected	2
Organisation of the plan	2

Please use the Candidate Authentication Form as a front sheet.

Grade Descriptors

Entry Level 1

Candidates are able to make simple judgements on performance, and understand the need to practice in order to improve performance. Candidates will also be able to show a simple understanding of what is happening when the body is exercising.

Most questions will be answered, some correctly.

On average candidates will be attaining 2-4 marks.

Entry Level 2

Candidates will be able to practice, adapt, improve and repeat, and be able to measure and compare results of their own performance, making judgements and suggesting improvements.

Candidates will also be able to show an understanding of what is happening while exercising and be able to record with some understanding.

All questions answered, generally correctly, with some good presentation.

Candidates will on average be attaining 4-7 marks.

Entry Level 3

Candidates will be able to prepare for, and recover from, practical performance, evaluate how well they and others have achieved and be able to make observations and suggest ways to improve quality and degree of performance.

All questions answered, and own additional data may be included, with good presentation of the work.

Candidates will on average be attaining more over 7 marks.

Work Sheet 1 – Personal Performance

Name: _____

For: _____ (Sport/Activity/General)

Current Level: _____ (Score 1 – 10)

Aim to reach: _____ by Date: _____

My resting heart rate is: _____ Date: _____
and if properly exercised this may _____ (Increase/Decrease)

Height _____ Weight _____

When I take part in activity my heart rate
_____ (Increases/Decreases)

Give some examples:

Sitting _____
5 minutes standing _____
5 minutes jogging _____
5 minutes running fast _____

Other tests done and the scores:

Test	Score	Date	Score	Date
Sit & reach				
Sit ups				
Bleep test				

Warm up is important because

An example of a warm-up _____

Work Sheet 2 – Training & Exercise Requirements

1. Training Requirements for _____

I need to improve my _____
(Fitness/Strength/Speed etc.)

2. Type of training

I have chosen to do training based on _____
(Continuous/circuits etc.)

This means that I need to plan to do: _____

Describe what?
(How often, times in a week, and for how long, length of time)

3. If I stop training, or ease up my training, then I would expect my performance to _____ (Improve/Reduce)

4. My training diary for last week is:

Day	Active Time	Activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Work Sheet 3 – Diet & Apptitude

1. A healthy diet contains many vital elements. Three of these are:

- A _____
- B _____
- C _____

2. Different people have different body shapes, and these can help different sports:

eg What shape is better for a:

- Jockey _____
- Rugby Player _____
- Gymnast _____
- Basketball Player _____

3. However a player can be underweight for a particular activity
_____ (true/false)

Give an example: _____

4. My diet contains

Day	Foods			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

5. Exercise will burn calories: _____ (true/false)

6. To lose weight we can also cut down on calories _____
(true/false)

Work Sheet 4 – Healthy Lifestyle

1. Leisure time is ‘time not working’. Some examples of this are:

Day	Time spent	Leisure
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

2. What do we mean by saying ‘smoking is bad for your health’?

3. Taking part in sports is said ‘to help in the relief of stress’
_____ (true/false)

4. Taking part in physical activity can make you feel better
_____ (true/false)

Can you give examples? _____

5. Why is it important to do flexibility exercises before activity? _____

Can you give some movements used to improve flexibility? _____

Work Sheet 5 – Safe Practice & Summary Sheet

1. After _____ weeks the following information has been found:

My resting heart rate is now _____

Sitting, now _____

5 minutes standing, now _____

5 minutes jogging, now _____

5 minutes running, now _____

2. Therefore I have _____ (improved/not improved)

Because my heart rate is _____ (higher/lower)

3. My performance is now rated at _____ (1 –10) in my sport.

4. To maintain this I must continue the exercises at the _____ (lower/same/higher) level, and to improve I must continue the exercises at the _____ (lower/same/higher) level

5. I can do this by doing _____ (more often/harder/longer) How will you make this possible?

6. Cool down is important for all activities. Can you select a cool down that you have used? _____

7. Why is it important to not wear jewellery during activity? _____

8. Why is it important to wear safety items during activity? (give examples) _____

Candidate Authentication Form

Entry Level Certificate / Certificate of Achievement		
Personal Exercise Programme		
Centre Name:		
Centre Number:		
Teacher Examiner Name:		
Candidate Name:		Candidate No:
Marking Criteria	Mark out of:	Centre Marks
Accuracy and understanding of terms	1	
Collection and recording of information	5	
Using information collected	2	
Organisation of the Programme	2	
Total:	10	
Centre Authentication		
<p>Candidate</p> <p>I declare that I have produced the work involved without external assistance apart from any which is acceptable under the scheme of assessment.</p> <p>Candidate Signature: Date:.....</p>		
<p>Teacher Examiner</p> <p>I declare that the candidate's activities have been regularly monitored and that to the best of my knowledge, no assistance has been given apart from any which is acceptable within the scheme of assessment, and that this has been identified and recorded. I also declare that to the best of my knowledge this is the candidates own work</p> <p>Teacher Examiner Signature: Date:</p>		

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