

Year 8 PE Homework – Individual training plan

Task

Select your favourite sport and identify/bullet point your strengths and weaknesses in that sport. Design a 6 week training plan that will help to improve your weaknesses. Create a weekly meal plan that is sport specific and will run alongside your training plan.



Starting Points



Use a search engine and select your sport: football/rugby/netball training plan

There are examples of training plans in images.

<https://www.pinterest.co.uk/explore/weekly-meal-plans/>

sportsnutritionhealth.org/7-day-meal-plan/

Select a sport you do outside of school or your favourite sport in school. Identify your top 5 skill strengths. IE: passing, catching, dribbling, footwork, spacial awareness and your top 3 fitness strengths. IE: speed, agility, strength.

Now make a list of areas of both that need improving. Explain the reasons why you feel you have these strengths and weaknesses.

Create a table to show 7 days a week. Include a range of exercises or drills that will improve your fitness weaknesses and your skills weaknesses. Make it clear how many repetitions you will do and how these will be increased from week 1 to week 6.

If you could play for any professional team in your chosen sport, which team would that be and why? Make reference to your specific skill and fitness strengths. Select one player in the team you have chosen and explain how their skills benefit that team.

Create a meal plan for the week that will include a healthy breakfast, midday snack, lunch, dinner and evening snack.

- Use the web address to give you some ideas
- Use an excel spreadsheet or draw a table
- Give brief information and include images
- Include a balance of fruit and vegetables, carbohydrates, proteins, dairy and other fats

Explain how the food plan will help you with your training plan.

