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EDUCATION WITHOUTH BORDERS

# My Erasmus Personal Exercise Programme

This final product was made by the students from all the partner schools (Liceul Tehnologic PETROL Moreni, Romania; Bower Park Academy, Romford, England; Lycée Antoine Roussin, Saint-Louis, France; Școala Gimnazială Nr. 1 Moreni, Romania; Szent István Egyházi Általános Iskola és Kollégium, Mako, Hungary) during the Learning, teaching, training activity held by the English school between 10th and 14th of February 2020.

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## My Erasmus Personal Exercise Programme.

Name - Raony

A personal exercise programme is a strategy that details the physical exercises you should perform in order to reach your goals, and the amount of time you should spend on each exercise. Athletes use a personal exercise programme (PEP) to ensure their training develops the specific skills and fitness they require for their sport. This is designed to suit their individual needs.

### Introduction

Aim – what skills or fitness do you plan to improve? For which sport? Why?

I plan to improve my stamina and also to improve reaction speeds. This will be for the sport badminton as it is a very physically demanding sport requiring the ability to react to 500km/h+ smashes often more than ten times in a game.

Age – 14

Male / Female – Male

Performance level and experience –

Essex County Level for BadmintonEngland.

Over 3 years of experience and 2 years of experience in tournaments. Tournaments vary between 1-4/5 tournaments per month.

How long will your training programme last? Frequency, intensity, time and type.

6 weeks, frequency can vary dependant on the week and how fit/unfit you are.

How will you show progress? What tests and measures will you use? [Waist measure](#), [weight measure](#), [body fat percentage](#), [BMI](#) etc etc.

|           | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|-----------|--------|--------|--------|--------|--------|--------|
| Sunday    |        | ✓      | ✓      |        | ✓      | ✓      |
| Monday    | ✓      |        | ✓      |        |        | ✓      |
| Tuesday   | ✓      | ✓      | ✓      | ✓      | ✓      | ✓      |
| Wednesday |        | ✓      | ✓      | ✓      | ✓      |        |
| Thursday  | ✓      | ✓      | ✓      | ✓      | ✓      | ✓      |
| Friday    |        |        |        |        |        | ✓      |
| Saturday  |        |        |        |        |        | ✓      |

What are your strengths and weaknesses?

[I have improved on my reaction times and have also been able to last longer in games as they can usually last up to an hour and a half. I am also now able to put more power into my smash which makes it harder for the opponent to react.](#)



## My Erasmus Personal Exercise Programme.

Name – **Hannah Gill**

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### Introduction

Aim – what skills or fitness do you plan to improve? For which sport? Why?

**I want to improve my flexibility for dance. This is because it will help me in the future and will make dancing easier.**

Age – **15**

Male / Female – **Female**

Performance level and experience –

**I dance twice a week at a dance school**

How long will your training programme last? Frequency, intensity, time and type.

**6 weeks**

How will you show progress? What tests and measures will you use?

**A flexibility test (sit and reach) which will be tested at both the start and end of the programme to see improvement**

Baseline tests – sit and reach test

Test results – sit and reach test

What are your strengths and weaknesses?

At the moment I think my flexibility is average but I would like to improve it.

What areas do I need to improve?

Flexibility

Training plan -

|           | Week 1     | Week 2     | Week 3     | Week 4     | Week 5     | Week 6     |
|-----------|------------|------------|------------|------------|------------|------------|
| Monday    | Yoga       | Rest       | Rest       | Yoga       | Rest       | Yoga       |
| Tuesday   | Rest       | Rest       | Yoga       | Yoga       | Yoga       | Rest       |
| Wednesday | Rest       | Yoga       | Rest       | Rest       | Yoga       | Yoga       |
| Thursday  | Dance      | Dance      | Dance      | Dance      | Dance      | Dance      |
| Friday    | Dance      | Dance      | Dance      | Dance      | Dance      | Dance      |
| Saturday  | Rest       | Rest       | Rest       | Rest       | Rest       | Rest       |
| Sunday    | Stretching | Stretching | Stretching | Stretching | Stretching | Stretching |





## My Erasmus Personal Exercise Programme.

Name – Soumeyyah HOSANALLY

A personal exercise programme is a strategy that details the physical exercises you should perform in order to reach your goals, and the amount of time you should spend on each exercise. Athletes use a personal exercise programme (PEP) to ensure their training develops the specific skills and fitness they require for their sport. This is designed to suit their individual needs.

### Introduction

Aim – what skills or fitness do you plan to improve? For which sport? Why?

I plan to improve my cardio for all sports because I'm breathless easily and too fast.

Age – 17

Male / Female – Female

Performance level and experience –

I enjoy playing handball , swimming , rock climbing and fitness.

How long will your training programme last? Frequency, intensity, time and type.

My training programme will last 30 minutes twice a week. I will do footing and fitness at home.



How will you show progress? What tests and measures will you use?

Baseline tests –

Test results – 1.3km – 12 minutes treadmill

1.5km – 13 minutes exercise

bike 212m – 1 minutes row

What are your strengths and weaknesses?

My strength is my arms and my weaknesses are legs and cardio .

What areas do I need to improve?

I need to improve my arms, my abdominal muscles and to firm my buttock.

What skill and/or fitness components to be improved?

I want to improve my flexibility.

Is your target SMART? -specific, measurable, achievable, realistic, time-bound.

My target is achievable.

Training plan - **Footing and fitness at home**

|           | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 |
|-----------|--------|--------|--------|--------|--------|--------|
| Sunday    |        | X      |        | X      |        | X      |
| Monday    |        |        |        |        |        |        |
| Tuesday   |        |        |        |        |        |        |
| Wednesday | X      | X      | X      | X      | X      | X      |
| Thursday  |        |        |        |        |        |        |
| Friday    |        |        |        |        |        |        |
| Saturday  | X      |        | X      |        | X      |        |





## My Erasmus Personal Exercise Programme.

Name – Ciaran Moore

A personal exercise programme is a strategy that details the physical exercises you should perform in order to reach your goals, and the amount of time you should spend on each exercise. Athletes use a personal exercise programme (PEP) to ensure their training develops the specific skills and fitness they require for their sport. This is designed to suit their individual needs.

### Introduction

Aim – what skills or fitness do you plan to improve? For which sport? Why?

I would like to improve my speed and strength which will in turn improve power too. I would like to improve these aspects to help me with playing rugby. By improving these aspects I'll be able to break the gain line better and get through more tackles; it would also make me more dominant in making tackles.

Age – 14

Male / Female – Male

Performance level and experience –

Club and county rugby

How long will your training programme last? Frequency, intensity, time and type.

It will last 6 weeks, however the frequency intensity time and type will gradually increase over the six week period

How will you show progress? What tests and measures will you use?

I can use the one rep max test and the 30m sprint

Baseline tests – The one rep maximum and 30m sprint

Test results – 6 weeks later test one rep max and 30m sprint

What are your strengths and weaknesses?

My strengths are my reaction time, power, and speed and strength. My areas of weakness are my flexibility and agility.

What areas do I need to improve?

My speed and strength are good but I would like to improve them.

What skill and/or fitness components to be improved?

My speed and strength

Is your target SMART? -specific, measurable, achievable, realistic, time-bound.

It is targeted at specific components, it is measured at the beginning and end to see improvement, and it's achievable because it can be a lot better, it is realistic as I don't want to be competing in worldwide competitions, it is over six weeks so there is plenty of time.

Training plan -

|           | Week 1                | Week 2                | Week 3                | Week 4                | Week 5                | Week 6                |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Monday    | Rest                  | Gym Weight training   | Resistance training   | Gym Weight training   | Gym Weight training   | Gym Weight training   |
| Tuesday   | Gym Weight training   | Rest                  | Gym Weight training   | Rest                  | Resistance training   | Resistance training   |
| Wednesday | Rugby skills training | Rugby skills training | Rugby skills training | Rugby skills training | Rugby skills training | Rugby skills training |
| Thursday  | Rest                  | Resistance training   | Gym Weight training   | Resistance training   | Rest                  | Rest                  |
| Friday    | Resistance training   | Rest                  | Resistance training   | Resistance training   | Gym Weight training   | Resistance training   |
| Saturday  | Rest                  | Resistance training   | Rest                  | Rest                  | Gym Weight training   | Gym Weight training   |
| Sunday    | Rugby match           | Rugby match           | Rugby match           | Rugby match           | Rugby match           | Rugby match           |

