

Spatrian Athletic Training

Physical Education Portfolio

Sample document. Alex J. is a fictional student and every figure here is illustrative. The layout, the sections and the wording are exactly what a family in New York receives; only the student is invented.

Student: Alex J.

Age Group: U16

Academic Year: 2025-2026

State: New York

Standards Alignment: NYS PE Learning Standards (1A, 1B, 2A, 2B)

Total Instructional Hours: 142.0

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This portfolio documents physical education instruction pursuant to NY Education Law §3204 (Individualized Home Instruction Plan).

State Compliance Summary

Requirement	Status
PE Hours Required	90 ✓ Requirement Met
Standards Framework	NYS PE Learning Standards (1A, 1B, 2A, 2B)
Reporting Cadence	Quarterly
Verification Method	IHIP + quarterly reports + annual standardized test or narrative

Course Learning Objectives

Aligned to NYS PE Learning Standards (1A, 1B, 2A, 2B) — the standards framework on file for this state

Standard	Learning Objective
Standard 1: Motor Competence	Demonstrate competency in a variety of motor skills and movement patterns including locomotor, non-locomotor, and manipulative skills applied to sport-specific contexts (dribbling, passing, shooting, receiving).
Standard 2: Movement Concepts	Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance, including spatial awareness, force production, tactical decision-making, and biomechanical efficiency.
Standard 3: Health-Enhancing Fitness	Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness, including cardiovascular endurance, muscular strength, flexibility, and agility.
Standard 4: Responsible Behavior	Exhibit responsible personal and social behavior that respects self and others in physical activity settings, including adherence to rules, sportsmanship, safety practices, and cooperative participation.
Standard 5: Value of Physical Activity	

Standard	Learning Objective
	Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction; demonstrate intrinsic motivation for continued participation.
HS Credit: Sport Science Literacy	Analyze performance using data-driven metrics (spatial positioning, velocity patterns, cognitive decision speed) and apply evidence-based principles to improve individual and team outcomes.
HS Credit: Lifetime Fitness Planning	Design a personal fitness plan incorporating goal-setting, self-assessment, and progressive overload principles suitable for lifelong physical activity participation.

Credit Definition: One Carnegie unit of PE credit requires a minimum of 120 contact hours of instruction (or state equivalent) covering motor skill development, health-related fitness, cognitive understanding of movement concepts, and responsible personal/social behavior in physical activity settings.

Activity Breakdown & Hour Distribution

Instructional time by content area — Total: 142.0 hours

Category	Duration	%	Distribution
Curriculum lesson	3960 min (66.0 hrs)	46%	
Skill drill	1980 min (33.0 hrs)	23%	
Training session	1320 min (22.0 hrs)	15%	
Season match	1260 min (21.0 hrs)	15%	

Standards Alignment by Category

Activity Category	Primary Standard Addressed
Curriculum lesson	Standards 1-5 — Integrated
Skill drill	Standards 1-5 — Integrated
Training session	Standards 1-5 — Integrated
Season match	Standards 1-5 — Integrated

Total Instructional Hours: 142.0 | Activity Categories: 4 | Sessions: 177

Chronological Activity Log

Contemporaneous record of all physical education activities

Date	Time	Duration	Category	Topic / Drill	Notes
2025-09-08	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-3-3 System	
2025-09-09	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2025-09-10	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-3-3 System	
2025-09-12	15:30–16:25	55 min	Skill drill	Warm-Up Jog & Stretch	
2025-09-13	10:00–10:35	35 min	Season match	Season match, week 1	
2025-09-15	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-4-2 System	
2025-09-16	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2025-09-17	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-4-2 System	
2025-09-19	15:30–16:25	55 min	Skill drill	Toe Taps & Sole Rolls	
2025-09-20	10:00–10:35	35 min	Season match	Season match, week 2	
2025-09-22	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 3-5-2 / 3-4-3 System	
2025-09-23	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2025-09-24	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 3-5-2 / 3-4-3 System	
2025-09-26	15:30–16:25	55 min	Skill drill	Wall Passing (Solo) / Partner Passing	
2025-09-27	10:00–10:35	35 min	Season match	Season match, week 3	

Date	Time	Duration	Category	Topic / Drill	Notes
2025-09-29	16:00–16:55	55 min	Curriculum lesson	Systems of Play — In-Game Formation Changes	
2025-09-30	16:30–17:10	40 min	Training session	Tempo run and mobility	
2025-10-01	16:00–16:55	55 min	Curriculum lesson	Systems of Play — In-Game Formation Changes	
2025-10-03	15:30–16:25	55 min	Skill drill	Cone Weave Dribble	
2025-10-04	10:00–10:35	35 min	Season match	Season match, week 4	
2025-10-06	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Attacking in Wide Areas	
2025-10-07	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2025-10-08	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Attacking in Wide Areas	
2025-10-10	15:30–16:25	55 min	Skill drill	Target Practice	
2025-10-11	10:00–10:35	35 min	Season match	Season match, week 5	
2025-10-13	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Playing Through Central Areas	
2025-10-14	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2025-10-15	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Playing Through Central Areas	
2025-10-17	15:30–16:25	55 min	Skill drill	1v1 to Mini Goal	
2025-10-18	10:00–10:35	35 min	Season match	Season match, week 6	
2025-10-20	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Creating Space for Others	
2025-10-21	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	

Date	Time	Duration	Category	Topic / Drill	Notes
2025-10-22	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Creating Space for Others	
2025-10-24	15:30–16:25	55 min	Skill drill	Ladder & Cone Agility	
2025-10-25	10:00–10:35	35 min	Season match	Season match, week 7	
2025-10-27	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Breaking Down Deep Defenses	
2025-10-28	16:30–17:10	40 min	Training session	Tempo run and mobility	
2025-10-29	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Breaking Down Deep Defenses	
2025-10-31	15:30–16:25	55 min	Skill drill	Soft Ball Headers	
2025-11-01	10:00–10:35	35 min	Season match	Season match, week 8	
2025-11-03	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Sweeper-Keeper Play	
2025-11-04	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2025-11-05	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Sweeper-Keeper Play	
2025-11-07	15:30–16:25	55 min	Skill drill	Juggling Challenge	
2025-11-08	10:00–10:35	35 min	Season match	Season match, week 9	
2025-11-10	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — GK Distribution Mastery	
2025-11-11	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2025-11-12	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — GK Distribution Mastery	
2025-11-14	15:30–16:25	55 min	Skill drill	Cool-Down & Debrief	

Date	Time	Duration	Category	Topic / Drill	Notes
2025-11-15	10:00–10:35	35 min	Season match	Season match, week 10	
2025-11-17	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Dealing with Crosses	
2025-11-18	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2025-11-19	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Dealing with Crosses	
2025-11-21	15:30–16:25	55 min	Skill drill	GK Handling	
2025-11-22	10:00–10:35	35 min	Season match	Season match, week 11	
2025-11-24	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Training Load Management	
2025-11-25	16:30–17:10	40 min	Training session	Tempo run and mobility	
2025-11-26	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Training Load Management	
2025-11-28	15:30–16:25	55 min	Skill drill	Two-Wall Scanning Gauntlet	
2025-11-29	10:00–10:35	35 min	Season match	Season match, week 12	
2025-12-01	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Recovery & Regeneration	
2025-12-02	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2025-12-03	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Recovery & Regeneration	
2025-12-05	15:30–16:25	55 min	Skill drill	Three-Colour Agility Maze	
2025-12-06	10:00–10:35	35 min	Season match	Season match, week 13	
2025-12-08	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Pre-Competition Preparation	

Date	Time	Duration	Category	Topic / Drill	Notes
2025-12-10	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Pre-Competition Preparation	
2025-12-12	15:30–16:25	55 min	Skill drill	Wall First Touch	
2025-12-13	10:00–10:35	35 min	Season match	Season match, week 14	
2025-12-15	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Video Analysis Basics	
2025-12-16	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2025-12-17	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Video Analysis Basics	
2025-12-19	15:30–16:25	55 min	Skill drill	Tight Box Dribbling	
2025-12-20	10:00–10:35	35 min	Season match	Season match, week 15	
2025-12-22	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Self-Analysis	
2025-12-23	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2025-12-24	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Self-Analysis	
2025-12-26	15:30–16:25	55 min	Skill drill	Four-Turn Circuit	
2025-12-27	10:00–10:35	35 min	Season match	Season match, week 16	
2025-12-29	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Opposition Analysis	
2025-12-30	16:30–17:10	40 min	Training session	Tempo run and mobility	
2025-12-31	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Opposition Analysis	
2026-01-02	15:30–16:25	55 min	Skill drill	Weak Foot Only	

Date	Time	Duration	Category	Topic / Drill	Notes
2026-01-03	10:00–10:35	35 min	Season match	Season match, week 17	
2026-01-05	16:00–16:55	55 min	Curriculum lesson	Dead Ball Mastery — Bending Free Kicks	
2026-01-07	16:00–16:55	55 min	Curriculum lesson	Dead Ball Mastery — Bending Free Kicks	
2026-01-09	15:30–16:25	55 min	Skill drill	Jockeying Shadow	
2026-01-10	10:00–10:35	35 min	Season match	Season match, week 18	
2026-01-12	16:00–16:55	55 min	Curriculum lesson	Dead Ball Mastery — Penalty Technique & Psychology	
2026-01-13	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2026-01-14	16:00–16:55	55 min	Curriculum lesson	Dead Ball Mastery — Penalty Technique & Psychology	
2026-01-16	15:30–16:25	55 min	Skill drill	Scan Clock	
2026-01-17	10:00–10:35	35 min	Season match	Season match, week 19	
2026-01-19	16:00–16:55	55 min	Curriculum lesson	Player Identity & Development — Defining Your Playing Style	
2026-01-20	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2026-01-21	16:00–16:55	55 min	Curriculum lesson	Player Identity & Development — Defining Your Playing Style	
2026-01-23	15:30–16:25	55 min	Skill drill	Cut and Go	
2026-01-24	10:00–10:35	35 min	Season match	Season match, week 20	
2026-01-26	16:00–16:55	55 min	Curriculum lesson	Player Identity & Development — Long-Term Development Plan	
2026-01-27	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	

Date	Time	Duration	Category	Topic / Drill	Notes
2026-01-28	16:00–16:55	55 min	Curriculum lesson	Player Identity & Development — Long-Term Development Plan	
2026-01-30	15:30–16:25	55 min	Skill drill	Warm-Up Jog & Stretch	
2026-01-31	10:00–10:35	35 min	Season match	Season match, week 21	
2026-02-02	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-3-3 System	
2026-02-03	16:30–17:10	40 min	Training session	Tempo run and mobility	
2026-02-04	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-3-3 System	
2026-02-06	15:30–16:25	55 min	Skill drill	Toe Taps & Sole Rolls	
2026-02-07	10:00–10:35	35 min	Season match	Season match, week 22	
2026-02-09	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-4-2 System	
2026-02-10	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2026-02-11	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-4-2 System	
2026-02-13	15:30–16:25	55 min	Skill drill	Wall Passing (Solo) / Partner Passing	
2026-02-14	10:00–10:35	35 min	Season match	Season match, week 23	
2026-02-16	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 3-5-2 / 3-4-3 System	
2026-02-17	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2026-02-18	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 3-5-2 / 3-4-3 System	
2026-02-20	15:30–16:25	55 min	Skill drill	Cone Weave Dribble	

Date	Time	Duration	Category	Topic / Drill	Notes
2026-02-21	10:00–10:35	35 min	Season match	Season match, week 24	
2026-02-23	16:00–16:55	55 min	Curriculum lesson	Systems of Play — In-Game Formation Changes	
2026-02-24	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2026-02-25	16:00–16:55	55 min	Curriculum lesson	Systems of Play — In-Game Formation Changes	
2026-02-27	15:30–16:25	55 min	Skill drill	Target Practice	
2026-02-28	10:00–10:35	35 min	Season match	Season match, week 25	
2026-03-02	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Attacking in Wide Areas	
2026-03-03	16:30–17:10	40 min	Training session	Tempo run and mobility	
2026-03-04	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Attacking in Wide Areas	
2026-03-06	15:30–16:25	55 min	Skill drill	1v1 to Mini Goal	
2026-03-07	10:00–10:35	35 min	Season match	Season match, week 26	
2026-03-09	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Playing Through Central Areas	
2026-03-10	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2026-03-11	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Playing Through Central Areas	
2026-03-13	15:30–16:25	55 min	Skill drill	Ladder & Cone Agility	
2026-03-14	10:00–10:35	35 min	Season match	Season match, week 27	
2026-03-16	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Creating Space for Others	

Date	Time	Duration	Category	Topic / Drill	Notes
2026-03-17	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2026-03-18	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Creating Space for Others	
2026-03-20	15:30–16:25	55 min	Skill drill	Soft Ball Headers	
2026-03-21	10:00–10:35	35 min	Season match	Season match, week 28	
2026-03-23	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Breaking Down Deep Defenses	
2026-03-24	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2026-03-25	16:00–16:55	55 min	Curriculum lesson	Advanced Attacking Play — Breaking Down Deep Defenses	
2026-03-27	15:30–16:25	55 min	Skill drill	Juggling Challenge	
2026-03-28	10:00–10:35	35 min	Season match	Season match, week 29	
2026-03-30	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Sweeper-Keeper Play	
2026-03-31	16:30–17:10	40 min	Training session	Tempo run and mobility	
2026-04-01	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Sweeper-Keeper Play	
2026-04-03	15:30–16:25	55 min	Skill drill	Cool-Down & Debrief	
2026-04-04	10:00–10:35	35 min	Season match	Season match, week 30	
2026-04-06	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — GK Distribution Mastery	
2026-04-08	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — GK Distribution Mastery	
2026-04-10	15:30–16:25	55 min	Skill drill	GK Handling	

Date	Time	Duration	Category	Topic / Drill	Notes
2026-04-11	10:00–10:35	35 min	Season match	Season match, week 31	
2026-04-13	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Dealing with Crosses	
2026-04-14	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2026-04-15	16:00–16:55	55 min	Curriculum lesson	Elite Goalkeeping — Dealing with Crosses	
2026-04-17	15:30–16:25	55 min	Skill drill	Two-Wall Scanning Gauntlet	
2026-04-18	10:00–10:35	35 min	Season match	Season match, week 32	
2026-04-20	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Training Load Management	
2026-04-21	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2026-04-22	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Training Load Management	
2026-04-24	15:30–16:25	55 min	Skill drill	Three-Colour Agility Maze	
2026-04-25	10:00–10:35	35 min	Season match	Season match, week 33	
2026-04-27	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Recovery & Regeneration	
2026-04-28	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2026-04-29	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Recovery & Regeneration	
2026-05-01	15:30–16:25	55 min	Skill drill	Wall First Touch	
2026-05-02	10:00–10:35	35 min	Season match	Season match, week 34	
2026-05-04	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Pre-Competition Preparation	

Date	Time	Duration	Category	Topic / Drill	Notes
2026-05-05	16:30–17:10	40 min	Training session	Tempo run and mobility	
2026-05-06	16:00–16:55	55 min	Curriculum lesson	Periodization & Peaking — Pre-Competition Preparation	
2026-05-08	15:30–16:25	55 min	Skill drill	Tight Box Dribbling	
2026-05-09	10:00–10:35	35 min	Season match	Season match, week 35	
2026-05-11	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Video Analysis Basics	
2026-05-12	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2026-05-13	16:00–16:55	55 min	Curriculum lesson	Performance Analysis — Video Analysis Basics	
2026-05-15	15:30–16:25	55 min	Skill drill	Four-Turn Circuit	
2026-05-16	10:00–10:35	35 min	Season match	Season match, week 36	

Total Instructional Time: 8520 minutes (142.0 hours)

Knowledge Assessments

Cognitive learning evidence — tactical and biomechanics quizzes

Date	Unit	Score	Questions
2025-10-09	Systems of Play	88%	9/10
2025-11-06	Advanced Attacking Play	92%	9/10
2025-12-04	Elite Goalkeeping	84%	8/10
2026-01-01	Periodization & Peaking	96%	10/10
2026-01-29	Performance Analysis	90%	9/10
2026-02-26	Dead Ball Mastery	94%	9/10
2026-03-26	Player Identity & Development	92%	9/10

Average Score: 90.9%

KWL Progress Journals

Self-reflective learning progression documentation

2025-09-12

What I Know: I know the basic positions in a 4-3-3 and that I usually play on the right.

What I Learned: Formations are shapes that move, not fixed spots. When the right back pushes up the whole line shifts.

What I Will Improve: Scanning before I receive the ball instead of after.

2025-11-14

What I Know: Pressing works when the whole team goes together.

What I Learned: There are triggers — a backward pass, a bad first touch — and pressing without one just opens space behind you.

What I Will Improve: Calling the trigger out loud so the person next to me goes too.

2026-01-30

What I Know: Rest matters but I did not know how to measure it.

What I Learned: Session RPE times minutes gives a load number, and the app flags a week that jumps too far above the month before.

What I Will Improve: Logging the RPE honestly instead of always putting 6.

2026-04-17

What I Know: Video shows things I cannot feel while playing.

What I Learned: Watching my own match back, I stop scanning when I am tired. My decisions got slower in the last twenty minutes.

What I Will Improve: Aerobic base, so the last twenty minutes look like the first twenty.

Skill Progression Assessments

Date	Skill	Level	Score	Evaluator Notes
2025-10-10	Receiving and first touch	Developing	2 / 4	Touch is safe but rarely forward. Body shape improving.
2025-12-12	Receiving and first touch	Proficient	3 / 4	Now takes the ball across the body on the half-turn most of the time.
2025-12-12	Scanning and decision-making	Developing	2 / 4	Scans before the pass arrives, not yet while it travels.
2026-03-13	Scanning and decision-making	Proficient	3 / 4	Two looks before every reception in the drill; one in the match.
2026-03-13	Aerobic conditioning	Proficient	3 / 4	Shuttle run up two stages since September.
2026-06-05	Set-piece delivery	Advanced	4 / 4	Consistent bend and flight; 7 of 10 to the far post in assessment.

Fitness Assessment — Home Combine

Standardised fitness battery administered on **2026-03-14** (Q3). Each result is positioned against a published reference distribution for the student's age band and sex. These are population references, not a ranking against other students.

Mean position across the tests scored: **62.2** on the published reference distribution.

Test	Measures	Result	Reference percentile	Band
Sit and Reach	Hamstring and lower-back flexibility	8 cm	71	Strong for the age band
Countermovement Jump	Lower-body power	37 cm	58	Within the typical range
Standing Broad Jump	Horizontal power	212 cm	59	Within the typical range
20 m Sprint	Acceleration	3.3 s	53	Within the typical range *
T-Test Agility	Change of direction	10.9 s	67	Strong for the age band *
Cone Weave with the Ball	Soccer-specific control under speed	12.4 s	64	Strong for the age band *
Plank Hold	Trunk endurance	104 s	64	Strong for the age band *
20 m Shuttle Run	Aerobic capacity	8.5 stage	62	Strong for the age band

* Scored against Spatrian's own working scale. No widely published youth reference exists for this test.

Reference data

- Ortega FB et al. (2011). Physical fitness levels among European adolescents: the HELENA study. British Journal of Sports Medicine.

- No published normative dataset exists for this test. These bands are Spatrian's own working scale, derived from typical performance in each age band, and are shown as provisional until a published dataset replaces them.
- Tomkinson GR et al. (2017). International normative 20 m shuttle run values from 1 142 026 children and youth representing 50 countries. British Journal of Sports Medicine.

Capstone Project

Type: Training plan design

Title: A six-week pre-season plan for a right-sided midfielder

Grade: A

Score: 93.0/100

Alex designed a six-week block from the periodisation unit: two aerobic weeks, two speed-and-agility weeks and a two-week taper, with weekly session-RPE targets and a rest day after every match. The plan cites the weekly load ceiling for the age band and explains why the taper halves volume but keeps intensity.

Credit Calculation (Carnegie Unit)

Total Instructional Hours	142.0
Credits Earned	1.31
Formula	

Parent / Guardian Certification

I certify that the information contained in this portfolio accurately represents the physical education instruction provided to **Alex J.** during the **2025-2026** academic year.

Parent / Guardian Signature

Date

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