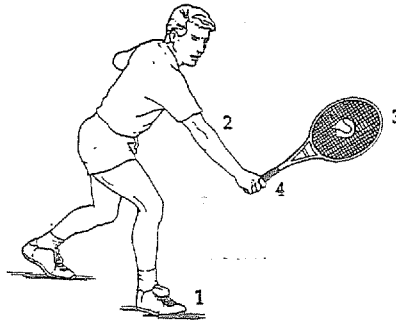


Analysis of performance



This part of the course is worth 10% of your final mark. Firstly you have to choose which activity you are going to do the assessment on (It must be one of your final four chosen activities). The assessment is marked out of 20 and is split up into 5 sections. You will have to answer questions from all 5 sections, this part is done orally.

Section 1 – Rules

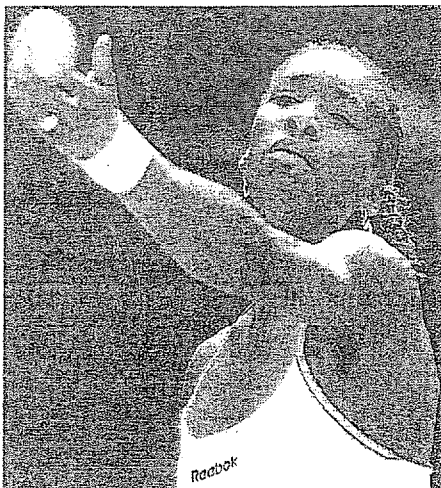
Section 2 – Terminology / Perfect model

Section 3 – Evaluating Performance

Section 4 – Tactics

Section 5 – Leadership

~~You will need to prepare this work over the summer holidays and hand it as soon as you come back.~~
Your Personal Exercise Plan is a major part of the assessment and you will start this during your theory lessons



Section 1 Rules

Answer the following questions, remember the fuller your answers the better prepared you will be and the higher your grade.

How is the activity started?

Give three rules that make your activity safer?

-
-
-

Give five rules for your chosen activity e.g. rules governing a throw in, tackling. Also state what the penalty is and where it should be taken, if a player breaks the rules?

1.

2.

3.

4.

5.

Research the official rules provided by by the governing body in your sport from the Internet or other up to date resources and insert in your notes here.



Section 2 Terminology and Perfect Model

Choose 3 technical terms related to your activity and explain what they mean (e.g. 'obstruction' – in either netball or rounders).

1.

2.

3.

List the skills that are important in your sport; think about specificity to your particular sport and generally, e.g. speed or passing

Choosing four of these skills and write on a separate paper development practices to improve the skill and also the main coaching points (e.g. what would you tell them to do with their body to achieve that skill). You can use the space below to make rough notes.



Skills

Skill 1:

Development practices:

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Main Coaching points:

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.....

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Skill 2:

Development practices:

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Main Coaching points:

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Skill 3:

Development practices:

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Main Coaching points:

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Skill 4:

Development practices:

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Main Coaching points:

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Section 3 Evaluating Performance

Using the skills you have listed on the previous page rate your own performance of them on a scale of 1 – 10, where 1 is very poor and 10 is excellent

Observe a performer (this can either be on the TV or at your club), rate their skills on the same scale as above. You will also need to complete the table on the following page, this can either be done whilst watching or the best thing to do is to try and record the performance so you can watch it over again.



Analysis of Performance

Name	Date	Analysis attempt	Performer
Activity	Playing position	Experience	Conditions
Observation			How Viewed: Live game Live Practice Video Photo
Analysis – Important components of Health / Skill related Fitness			
Understand the action of the perfect model		Evaluation	
Rule infringements			
Strengths		Weaknesses	
Short term goals • • •	Long term goals • • •		
Overview of plan to improve short term and long term goals			
Tactics to aid improvement			

Section 4 Planning and Tactics

The main part of this section is your Personal Exercise Plan. You will be introduced to this and start completing it this term. It involves you looking at the components of fitness, both health and skill related, testing yourself and then designing a 6 week programme to improve. A reminder, without this in your hand for your Analysis of Performance you can only gain 5 out of 20. So it is really important it is completed fully and to a good standard.

For the tactics element think about the following scenarios and write down what you would do (it is not possible to cover all sports, but you get the idea).

It is the semi final of a cup competition, you have played this team once before and they are very strong in attack but weak in defence, what formation of players do you put on the pitch and why?

5 minutes left in a rugby game you are 2 points ahead and they have possession, what tactics do you employ and why?

In netball, outline two set centre passes that could be used to get the ball into the shooting circle?

In the space below outline tactics that you would use in your sport and explain your reasoning behind using them?

Section 5 Leadership

You will need to do some research for this section , the Internet would be particularly good! You need to consider the people who run your activity, and also people who inspire people to play your activity.

What is the name of the governing body of your activity ? What is their role within your activity?

What do you consider to be a good role model and why? (Try and find pictures or articles about the individual)

Picture your activity taking place, list who else is involved either in an officiating role or behind the scenes. Also explain their role

