

Learning aim B - Practically demonstrate skills, techniques and tactics in selected sports

BTEC LEVEL 2 - SPORT First Award
Millthorpe School: PE Department
Unit 2: PRACTICAL SPORT PERFORMANCE

Assignment Title: Sports Coaching

Assessor:	
Date issued:	
Interim deadline:	
Final deadline:	

Qualification suite covered:

BTEC Level 1 / Level 2 First Award in Sport
BTEC Level 1 / Level 2 First Certificate in Sport
BTEC Level 1 / Level 2 First Extended Certificate in Sport
BTEC Level 1 / Level 2 First Diploma in Sport

Units covered: Unit 2 – Practical Sports Performance

Learning aims covered: Learning aim B - Practically demonstrate skills, techniques and tactics in selected sports

Duration (approx.): 4 hours (over two weeks)

Scenario

The season is going well and the year 7's seem to have taken on board the information given on the rules, regulations, scoring systems and the roles and responsibilities of officials in their respective sports. So now that the students have got the basics sorted you and the other PE staff decide it is time to change your angle of approach to more a performance based focus. After a number of discussions you decide it would be best to firstly have a look at the technical and tactical demands of (insert sport) and (insert sport) – and you have been put in charge. This will not only be good for the year 7's but it will be good for you as well to describe the technical and tactical demands involved in these sports – after all you have been earmarked as a coach for the future!

Task 2

2.a	<p>The teacher has asked you to verbally explain to the year 7 learners, for both of your chosen sports, the technical and tactical demands.</p> <p>What you need to do is talk to the year 7's about how you use different techniques in your sports and how you use tactics in different situations.</p> <p>You should:</p> <p>Make sure that you explain at least four different techniques or skills used in each of your sports. For example if you were talking about the techniques used in trampolining you could explain landing, basic shapes, seat drop and twists.</p> <p>Explain how tactics can be used in both of your sports, offensively and defensively and set plays.</p>
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2.b	<p>The teacher has asked you to demonstrate how you would use different techniques and tactics in both of your sports. The year 7's can watch you play and it will help them to understand how the techniques and tactics are applied in a 'real' situation.</p> <p>You must make sure that you play in a full-sided game for each of your two sports, there must be an appropriate opposition, with match officials.</p> <p>For example if one of your chosen sports is football, you must play a full-sided game, have the correct size pitch, play a team of a similar age and ability and have a referee and linesman.</p> <p>Your BTEC Sport teacher will video you playing your sports, you will need to make sure that you introduce yourself to the camera and are wearing a bib or number which makes it easy to recognise you when you are playing.</p>
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Evidence you must produce for this task: Video with voice-over and a tutor observation record.

Criteria covered by this task:

2B.P4 Describe the technical and tactical demands of two selected sports.

2B.P5 Use relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices.

2B.M2 Use relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations.

Textbooks

Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., (2012) *BTEC First Sport Student Book*, Pearson Education (ISBN 978 1 44690 161 8)

Commons, R., Rizzo, G. and Swales, M. (2010) *Level 2 BTEC Firsts in Sport Student's Book*, Oxford, (ISBN 978 1 85008 515 7)

BTEC First Sport Level 2 Assessment Guide: Fitness for Sport and exercise Unit 1 and Practical Sports Performance Unit 2 (BTEC Sport Assessment Guide), Hodder, 2013

Jennifer Stafford-Brown, Simon Rea, Katherine Howard and Andrew Bardsley

Websites

www.britishswimming.org

Amateur Swimming Association

<http://www.teamgb.com/>

The British Olympic Association

www.thefa.com

The Football Association

www.rfu.com

The Rugby Football Union

www.sportsleaders.org

Sports Leaders UK

www.sportsofficialsuk.com

Sports Officials UK

www.ukathletics.net

UK Athletics

www.uksport.gov.uk

UK Sport

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If you have not achieved the level 2 criteria, your work will be assessed to determine if the following level 1 criteria have been met:

1B.4 Describe the technical demands of two selected sports.

1B.5 Use relevant skills and techniques effectively, in two selected sports, in isolated practices.