

Learning aim C - Be able to review sports performance

BTEC LEVEL 2 - SPORT

Millthorpe School: PE Department

Unit 2: PRACTICAL SPORT PERFORMANCE

Assignment Title: Sports Performance Review

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 C: Be able to review sports performance

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

Scenario

Having done all this work for other people you think it's about time you concentrated on your own game for a while – having neglected it recently.

After looking back at some of the recordings and the observation records you produced in the previous task you decide to review your own performance in (**insert sport**) and (**insert sport**) before you get down to some serious training. After all you want to improve your performance and become more successful. After discussing this with the PE staff you conclude that the best way to do this is to produce an observation checklist that can be used to review your own performance in your two selected sports.

Once you have produced the checklist you intend to use it to review your own performance in your two sports, identifying strengths and areas for improvement but you need to produce it first so what are you waiting for...

Task 3

3.a	<p>You need to make an observation checklist that can be used to review your own sports performance in both of your chosen sports.</p> <p>You must make sure that your checklist:</p> <ul style="list-style-type: none">Has information about the technical demands (skills) for both of your sportsIs easy to follow, remember you might use it outside when you watch a recording that's been made of you playing your sport.
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Has boxes which are easy for you to write in!
Has space for you to record tactical information about your performance.

You need to make sure that you make the checklist yourself and that you can complete it easily.
Do you know what scoring system you will use? Will you make notes or use abbreviations?

3.b

Using the information you have gathered in your checklist about your sports performance you should review your performance in both of your sports. You could do this by telling your teacher or by producing a piece of written work. If you chose to do this verbally your teacher will need to record your conversation (either with a video or audio recorder).

You need to:

Look at your strengths and areas for improvement and give recommendations for how you could use activities / training methods to help you to improve your sports performance in both of your sports.

You should:

Make sure that you thoroughly explain your strengths, which techniques and skills are you really good at and why.

Describe your areas for improvement and come up with realistic ways you could improve them and how this could help to increase your overall sports performance.

Evidence you must produce for this task: An observation checklists for two sports
Written summary of own performance in two sports and or a video / audio recording and tutor observation record.

Criteria covered by this task:

2C.P6 independently produce an observation checklist that can be used effectively to review own performance in two selected sports.

2C.P7 Review own performance in two selected sports, describing strengths and areas for improvement.

2C.M3 Explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance.

2C.D2 Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.

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)

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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.sportofficialsuk.com	Sports Officials UK
www.ukathletics.net	UK Athletics
www.uksport.gov.uk	UK Sport

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:

1C.6 Produce, with guidance, an observation checklist that can be used effectively to review own performance in two selected sports.

1C.7 Review own performance, in two selected sports, identifying strengths and areas for improvement.