

**Year 11 GCSE Sports Studies : Mrs Sherritt**

<p>What concepts will we be covering this half term?</p>	<p><b>RO52</b>  <b>Apply practice methods to support improvement in selected a sporting activity</b></p>
<p>What resources can you use to support your learning?</p>	<p>Course Text Book available on student share.</p> <p>Questions you need to ensure you have answered in this unit (please replace the word 'football' with the sport that you are being assessed in).</p> <p>What are the key skills in football?          Which key skills and techniques are my strengths in football and how do they affect the game?          Which key skills and techniques are my weaknesses in football and how do they affect the game?          Methods to Improve my own performance in football.          Different types of practice. (Identify 3 weaknesses and 3 practices to improve on those weaknesses).          How to measure improvement in skills, techniques and strategies developed.</p>
<p>Tasks to complete so we can assess your understanding/ Key Performance Indicator tasks</p>	<p><b>Learning Outcome 4 is assessed in this task.</b></p> <p>For the first part of this task, learners need to identify strengths and weaknesses in their performance in their selected sporting activity using recognised methods such as video analysis (e.g. weak foot (technical) and positional awareness (tactical) in football). These could then be discussed with their teacher/coach and a strategy for improvements suggested.</p> <p>Evidence for this part of the task could come from a table and a written action plan, endorsed by the assessor or a one to one discussion between learner and teacher/coach (recorded or supported by an Observation Record). Differentiation between marks should be made on accuracy of improvement strategy based on facilities available and amount of coach support provided.</p> <p>For the second part of the task, practical application of the strategy needs to be evidenced for the selected sporting activity (e.g. strength training for hammer throwing, accuracy of passing in hockey etc.).</p> <p>This section should include the following;</p> <ul style="list-style-type: none"> <li>• types of skills</li> <li>• types of practices</li> <li>• methods to improve own performance</li> <li>• how to measure improvement</li> </ul> <p>Evidence for this part of the task could be in the form of a description of a series of progressive practices designed to improve performance in agreed areas of weakness with a brief overview of what went well and did not go so well and showing measurement and improvements in agreed areas of weakness for the selected sporting activity. Differentiation between marks should be made on the</p>

quality of the training strategy, measurement and adaptations implemented where necessary.

The evidence for the first part of the task could be provided in the following ways:

- table detailing skills; strengths and weaknesses
- written assignment
- discussion with teacher or coach (supported by Witness Statement).

The evidence for the second part of this task could be provided in the following ways:

- practice cards
- video/DVD recording
- observation record/witness statement completed by the coach

What can you do if you need help/ support?

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