Scenario

A recent report published by the Youth Sports Trust has highlighted that an increasing number of students in schools who participate in physical education lessons are less able to become critical performers. Being a critical performer is a key part of the National Curriculum and schools are becoming increasingly concerned about the difficulties children are facing.

The sports Partnership Development Manager (PDM) based at the local sports college has asked you to develop some resources which can be used by children between the ages of 11 and 14 to assess their own performance in a specific sport.

The PDM would like you to develop an appropriate and easy-to-use observation checklist. If successful the PDM may request that you complete a checklist for all the National Curriculum activities.

To demonstrate how easy it is to analyse performance with your checklist, you have been asked to carry out an analysis of another sports performer and an analysis of your own performance in an individual sport or a team sport.
In this assignment you will have the opportunity to provide evidence towards the following criteria:

- **P7** produce, with tutor support, an observation checklist that could be used to review the sports performance of an individual or a team
- **P8** use the observation checklist to review the sports performance of an individual or a team, identifying strengths and areas for improvement
- **P9** use the observation checklist to review own sports performance in an individual sport or team sport, identifying strengths and areas for improvement
- **M3** independently produce an observation checklist that could be used to review the sports performance of an individual or a team
- **M4** explain the strengths and areas for improvement of an individual or a team, in one individual sport or one team sport, justifying recommendations for improvement
- **M5** explain own strengths and areas for improvement in an individual sport or team sport, providing recommendations for improvement
- **D2** analyse own strengths and areas for improvement in an individual sport or team sport, justifying recommendations for improvement.

**Task 1 Produce a checklist P7, M3**

Produce an observation checklist that will enable you to analyse your own sports performance in a sport of your choice (P7/M3).

**Guidance**

- On your checklist you should ensure that you are assessing the core skills, techniques and tactics required to perform in the selected sport successfully.
- Add your completed checklist to your portfolio of evidence.

**Task 2 Analysis of a sports performer P8, M4**

To support the development of an observation checklist, the PDM believes that it would be most effective if you demonstrate its use to the children within the school in Key Stage 3.

1. **Use the observation checklist that you produced in task 1 to analyse a sports performer, identifying strengths and areas for improvement (P8).**
2. **Explain the strengths and areas for improvement of the performance of the selected sports performer after the completion of your checklist (M4).**

Student Book pages 57–60 may be useful

Student Book pages 61–62 may be useful
**Task 3 Review of own performance P9, M5, D2**

To conclude your report for the school you have been asked to carry out a self-analysis. You should obtain a visual recording of yourself performing in your selected sport in a competitive situation. When you have obtained this recording you should watch the performance and:

a) complete the observation checklist that you produced in task 1 to analyse your own performance (P9).

On completion of the checklist you should use the results obtained to compile an analysis of your performance.

b) Explain the strengths and areas for improvement of your performance after the completion of your observational analysis (M5).

c) Using the feedback from your coach/manager, and your own analysis, you should analyse your own strengths and areas for improvement in the selected sport (D2).

**Guidance**

- For each area for development you must justify to the PDM each of the recommendations for improvement, providing examples of what you will do to develop in each of the areas.
- Add your written analysis to your portfolio of evidence.

**Evidence checklist**

| Task 1 | observation checklist |  
| Task 2 | completed observation checklist for a sports performer, with analysis of strengths and areas for improvement |  
| Task 3 | completed observation checklist on your own sports performance analysis of strengths and areas for improvement |  

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