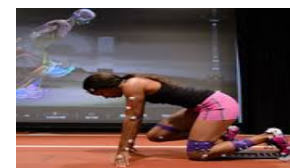
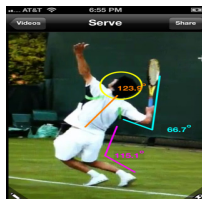


PHYSICAL EDUCATION
Independent Learning
Challenge

TITLE: Analysis of Sports Performance

YEAR 8



You will...

Be able to evaluate your strengths and weaknesses in a physical activity you are currently studying in PE.

Be able to recommend areas for improvement to enhance your sporting performance.

Time scale

4 hrs plus 2 additional hrs for extended learning challenge.

Start Date

Week Commencing
Monday 30th April

Submission Date

Monday 11th June

INDEPENDENT LEARNING CHALLENGES

There are three parts to this challenge;

Suggested Time



Once Complete

TASK 1.

Pick a sport you have studied in P.E. e.g. Netball, Rugby, Gymnastics.

Identify three personal strengths you are good at.

Describe these three strengths relating to skills, strategies and tactics.

Explain how your strengths give you an advantage as a player and a team.

One hour

TASK 2.

Using the same sport above.

Identify three personal weaknesses.

Describe these three weaknesses relating to skill, strategies and tactics.

Explain how your areas of weakness impact you as a player and your team.

One hour

TASK 3.

Select one area for improvement.

Describe in detail how you can personally improve this area of weakness.

Explain what different types of drills you will perform to enhance improvement.

Analyse what different types of training methods and fitness components you will participate in to improve your performance.

Two hours

EXTENDED INDEPENDENT LEARNING CHALLENGE

Pick your best sport you perform well in and choose a specific skill that you excel in i.e. passing, tackling, shooting.

Compare and **contrast** your areas of strengths and weakness in comparison to a professional athlete e.g. GB netball player, England footballer.

Describe and **explain** what attributes / tactics / strategies / training programme you need to follow to help you to strive to become a professional player.

One hour

One hour

LITERACY – Command Words

Identify – indicate / list your personal strengths and weaknesses.

Describe – Give a clear description of your personal strengths and weaknesses. Think of it as ‘painting a picture with words’.

Compare – Identify and explain the similarities and differences between you and professional player.

Explain – Set out in detail the meaning of your reasons i.e. how your identified strengths and weaknesses are going to give you and your team an advantage or impact performance.

Analyse – Examine in detail the different types of training methods and fitness components you will perform to improve your performance.

PRESENTATION Choose how to present your work.

ILC student supported task	You can present your information on the supported task sheet provided.
Extended writing	You can present your information like an essay, giving all the necessary information in lots of small paragraphs.
Leaflet / Brochure	Create a leaflet or brochure to provide all of the necessary information.
PowerPoint Presentation	Create a PowerPoint presentation and place in Student Access, PE, ILC, Year 7, PowerPoint . Make sure that your presentation clearly presents your forename and surname.
Newspaper Report	You may wish to present your findings as a newspaper report, which could include diagrams / drawings, hand written and typed work.
Something different	Negotiation with your subject teacher.

USEFUL RESOURCES, WEBSITES, BOOKS

Reference to personal experiences and knowledge.

www.brainmac.co.uk, www.teachpe.com, www.wikipedia.org, www.google.co.uk – search skills, tactics, strategies.

THE PERSONAL LEARNING AND THINKING SKILLS USED IN THIS CHALLENGE ARE:



LITERACY SKILLS USED IN THIS ILC IS:

- Punctuation, spelling and grammar.
- Extended writing.
- Applying understanding of terminology

NUMERACY SKILLS USED IN THIS ILC ARE:

- Reasoning and problem-solving.
- Being numerate; decision making.
- Interpretation and presentation of diagrams.

FURTHER SUPPORT CONTACT DETAILS

Mr Bradbury – sbradbury@
 Miss Harris – lharris@
 Miss Roberts – kroberts@
 Mr McArdle – bmcardle@
 Mr Tyler – dtyler@
 Mr Lord – tlord@
bulmershe.wokingham.sch.uk

CHECKLIST

- Has my work achieved its purpose?
- Have I re read my work to check spellings and grammar?
- Have you developed your ideas?
- Have you presented your work to the best of your ability?