



Skills, knowledge and understanding to be developed in this Learning Plan:

Skills: Learners will explore a range of techniques to analyse the technical element of a sporting performances, focusing on the techniques from a specific sport, a range of different measurement methods, and using data to present findings of an analysis.

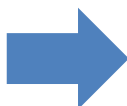
Key terms to be learned in this

LP:

- Quantative
- Qualitative
- Anlaysis
- Normative

Week/Wythnos 1 - 2 Learning Objectives:

- Understand how technique effects a sporting performace – including definition and benefits of improving technique for sports performers
- Understand of strategies/game plans effect a sporting performance – including definition and factors that affect decisions regarding strategies/game plans



Objective assessments:

Be able to:

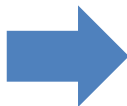
Describe the various skills and techniques associated with a sport of their choice. This can be done using a poster or written format. Identifying a range of skills and techniques performed by an elite athlete describing what they are doing.

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 3 Learning Objectives:

- Understand how tactics can effect a sporting performance – individual and team – including definition, examples of tactics that can be used to facilitate a strategy/game plan in team or individual sports



Objective assessments:

Be able to: demonstrate how tactics can effect a sporting performanc eusing a variety of different examples from individual sporting performances to team performances

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 4&5 Learning Objectives

- Use of different methods of anlaysis to analyse a sporting performance including:
- Use of visual or video observations to assess level of techniques of sports performance
 - visual or video observations to identify and assess tactics used during sports performance
 - interviews with performers



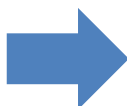
Objective assessments:

Be able to:

Use a variety of different methods to analyse their own performance. Demonstrate how to use different anlays methods to analyse a team performance using both qualitative and quantative data.

Week/Wythnos 6 Learning Objectives:

Learners should know and understand how to analyse the areas for improvement in physiological, psychological and technical performance with the use of:



Objective assessments:

Be able to:
Use a range of different data to anlays and support the findings of various factors tested.
Show a range of different

Homework/Gwaith cartref:

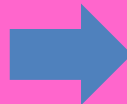
Set:
Due:

- Qualitative and quantitative data
- Subjectivity and objectivity (strengths and weaknesses)
- Normative range tables
- Reliability and validity
- video analysis
- notational analysis.

analytical methods to show their findings, including graphs, tables, infograms.

Week/Wythnos 7 Learning Objectives:

- **Assessment Period using assessment brief.**
- **Complete a written report on the factors that affect a sporting performance focusing on Physiological, Psychological and Technical.**



Objective assessments:

Be able to:
 Show a written report based on the brief demonstrating your understanding of the different factors that effect a sporting performance, how to measure the factors and ways to improve the performance.

Homework/Gwaith cartref:

Set:
 Due: