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| **Untitled-1.pngUntitled-1.png****BTEC LEVEL 1/2 FIRST AWARD IN SPORT ASSESSMENT/ASSIGNMENT SHEET** |
| **Practical Sports Performance - Unit 2, Assignment 3 Review of Sports Performance**  | **Assessors name: P. Hamblin , S. Thomas, A Hussey** |
| **Internal verifier: S.Thomas, P.Hamblin, A.Hussey** |
| **Issue date: Hand in Date:**  |
| **Learning Aim** **C** | Be able to review sports performance – 1C.6, 1C.7, 2C. P6, 2C. P7, 2C. M3 & 2C. D2 |
| In order to develop as a sports performer within Kingshill School, it is important that you can accurately assess your own strengths and areas for development. This assessment is something that you should try to do, both in PE lessons at school, and if you take part in sport out of school. It will help you to progress within your sport much more effectively. However, it can be a very difficult task to accurately complete for some people and sports performers often struggle when trying to do this.The PE department at Kingshill school believe that Year 7 students struggle to complete any form of self analysis as they struggle to criticise themselves. In order to support the younger students within the school, your Head of PE Mr Hamblin has asked if you will show them how this is done. You will need to develop a self-designed observation checklist, which could be used to assess your performance in a selected sport and review your own performance using the observation checklist.  |
| **Task 3** C.1 **(P6)**1. Select two sports that you play regularly.

Develop an observation checklist for each sport.  The observation checklist for each sport should include:* the components of fitness
* the technical demands of both sports (skills and techniques)
* a clear format, which is easy to use (If you use a grading system, you should provide criteria which is to be used to assess performance.)
* include the tactical demands of both sports (Level 2 only)
1. C.2 **(P7)**

You should then use these checklists to assess and evaluate your own performance in the two chosen sports.It should include:* Strengths and areas for improvement: components of fitness, skills and techniques specific to the sport and non-specific, e.g. fitness
* Self-analysis: completion of the checklist, e.g. use of video
* Strengths and areas

To help you do this, the Head of PE has suggested that you record your performance demonstrating the skills, techniques and tactics in each sport and use the observation checklist and tally sheet to assess your own performance.Produce a written summary of your performance to sit alongside your checklists sheet. Make sure you consider your strengths, explaining why you think they are either strengths or areas for improvement within each sport. You should remember to make recommendations on how the improvements identified could be made, for example, goal setting, short and long term goals, training courses, use of technology, support and guidance from your coach/teacher etc for each sport. **(M3)**For every recommendation made, you should justify why you think this would help improve your performance in the future. **(D2)****ASSESSMENT CRITERIA:** Complete the two check sheets and write a summary on strengths and weakness of own performance (In addition: A video of some of your performances). |
| **Grading Criteria** |
| **2c. P6** | Independently produce an observation checklist that can be used to review own performance in two sports. |
| **2c. P7** | Review own performance in two selected sports describing strengths and areas for improvement. |
| **2c.M3** | Explain own 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.  |

**Level 1**

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.

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| 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. |

Other useful sources – Make sure you reference any resources that you use!

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

[www.englandbasketball.co.u](http://www.englandbasketball.co.u)k
English Basketball Association

[www.thefa.com](http://www.thefa.com)
The Football Association

[www.LTA.org.uk](http://www.LTA.org.uk)
The Lawn Tennis Association

We would encourage you to use relevant resources for your local area such as local employers, newspapers and council websites.

https://www.youtube.com/watch?v=CID5zxaCdxc

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| **ASSESSMENT RECORD SHEET (Summative Assessment)** |
| **Programme** |  BTEC First Award in Sport  | **Learner****Name** |  | **Assessor****Name** |   |
| **Unit No. & Title** |  2 : Practical Sports Performance  | **Target Learning Aims** | 1C.6, 1C.7, 2C.P6, 2C.P7, 2C.M3, 2C.D2 | **Assignment****No. & Title** |  3 : Review of sports performance |
| **Issue Date** |  | **Hand in Date** |   | **Final Submission Date** |  |
| **Target criteria** | **Criteria****Achieved** | **Final Assessment Comments** |
| 1C.62C.P6 | https://openclipart.org/image/2400px/svg_to_png/167549/Kliponious-green-tick.png | Independently produce an observation checklist that can be used to review own performance in two sports. |
| 1C.72C. P7 |  | Review own performance in two selected sports describing strengths and areas for improvement. |
| 2C.M3 |  | Explain own 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. |
| **Summative comments** |
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| **Resubmission authorisation\*** |  | **Resubmission Date:** |   |
| \* All resubmissions must be authorised. Only 1 resubmission is possible per assignment. |
|  | **Assessor Signature** |  |  |  | **Date:** |  |  |
|  | **Learner comments** |  |  |
| **Learner Signature** |  | **Date:** |  |

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| Learner declaration: I certify that the work submitted for this assignment is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice. Learner signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: |