

WEEK 1- Key Components of Performance	WEEK 2 - Key Components of Performance	WEEK 3 - Key Components of Performance	WEEK 4 - Applying Practice Methods	WEEK 5 - Applying Practice Methods
<p>What are skills?</p> <ul style="list-style-type: none"> – Skills are learned abilities that athletes acquire through training and practice. – Skills may be defined as the ability to perform at a high standard effectively and efficiently. <p>What are tactics?</p> <ul style="list-style-type: none"> – Tactics are the skills required in any game that allows a player or team to effectively use their talent and skill to the best possible advantage. – Tactics are plans which are set up for a specific purpose during a performance or match. <p>Question: Can you select a sport and identify different types of skills and tactics for this sport? Please write your answer in your KO book.</p>	<p>When participating in your sport. It is important to show you can use these appropriately. Areas to consider:</p> <ul style="list-style-type: none"> – Tactics (using a drop shot against a baseline player in tennis) – Strategies (when to bowl a bouncer in cricket) – Compositional Ideas (acceleration and deceleration of movements in dance) – Use of creativity in performance (feint to pass, then dribble in basketball) <p>Question: Can you think of different sporting examples for each points? Use the examples to help you.</p> <p>Please write your answer in your KO book.</p>	<p>When competing you must ensure you:</p> <ul style="list-style-type: none"> – Continue to perform under pressure (staying composed on a penalty kick) – Maintain Focus (managing to serve 'in' after several 'faults') – Perform a specific role during a game (covering for a teammate who is out of position) – Adapt to different situations (Acting in a different role because someone has been sent off) <p>Question: Can you think of a recent match/competition you have competed in and think of two examples for the four above points?</p> <p>Please write your answer in your KO book.</p>	<p><u>Types of skills</u></p> <p>Open skills Skills that are adaptable depending on the environment.</p> <p>For example, there are many factors that could affect a pass in football</p> <p>Closed skills Skills that are performed in a stable environment.</p> <p>For example, a free throw in basketball.</p> <p>Question:</p> <p>Can you select a sport and identify 2 skills which are 'Open' and 2 skills which are 'Closed'?</p> <p>Please write your answer in your KO book.</p>	<p><u>Types of skills</u></p> <p>Simple skills Skills that are transferable across multiple sports and do not require a large amount of coordination, timing and thought process.</p> <p>For example, running.</p> <p>Complex skills Skills that do require large amounts of coordination, timing, quick thought processing and tend to be specific to a certain sport.</p> <p>For example, a serve in tennis.</p> <p>Question:</p> <p>Can you select a sport and identify 2 skills which are 'Simple' and 2 skills which are 'Complex'?</p> <p>Please write your answer in your KO book.</p>

WEEK 6 - Applying Practice Methods	WEEK 7 - Planning a Sports Activity Session	WEEK 8 - Planning a Sports Activity Session	WEEK 9 - Evaluation Tools	WEEK 10
<p><u>Types of Practice</u></p> <p>Whole Practice This is when the whole skill is performed at once.</p> <p>For example, completing the triple jump in one motion.</p> <p>Part Practice This is when the skill is broken down in different sections, which are then practiced individually.</p> <p>For example, practicing the 'hop' phase in the triple jump.</p> <p>Question:</p> <p>Can you select a sport and identify 1 type of Whole Practice and 1 type of Part Practice?</p> <p>Please write your answer in your KO book.</p>	<p><u>Types of Practice</u></p> <p>Variable Practice This is when the skills is practiced in a range of different scenarios that a performer could experience. For example, adding defenders into a passing practice and allowing them to pressurize the player.</p> <p>Fixed Practice This is when a specific skill or technique is repeatedly practiced in the same way.</p> <p>For example, throwing the ball into a lineout</p> <p>Question:</p> <p>Can you select a sport and identify 1 way of using Variable Practice to improve a skill.</p> <p>Please write your answer in your KO book.</p>	<p>Applying your knowledge</p> <ol style="list-style-type: none"> 1. Within your chosen team sport, can you identify three examples for each skill and justify why it is this type of skill? 2. Within your chosen individual sport, can you identify three examples for each skill and justify why it is this type of skill? 3. Can identify the most appropriate type of practice to improve a type of skill? <p>Question:</p> <p>Can you think of an example of 'Part Practice' and explain how you would separate and improve a certain skill?</p> <p>Please write your answer in your KO book.</p>	<p>There are a number of tools you can use to aid evaluation: These are:</p> <p>Video analysis - to identify weaknesses and how performance can be improved</p> <p>Other assistive technology - to improve performance, such as quantitative activity trackers</p> <p>Monitoring competition results - over a period of time</p> <p>Question:</p> <p>Using a sport of your choice, can you write (using the examples above) how you could monitor and evaluate your performance in training/competition.</p> <p>Please write your answer in your KO book.</p>	<p>When planning a sporting session you must consider the following aspects.</p> <ul style="list-style-type: none"> – Clear objectives for the session – Appropriate venue – Equipment needs – Supervision needs – Timing of activities – Introduction/conclusion of session – Basic warm up/cool down – Skills and technique development – Engaging – Organisation <p>Safety considerations when planning a sporting session</p> <ul style="list-style-type: none"> – Risk assessments – Corrective action/procedures – Knowing emergency procedures