

## Analyses task

10% of the overall grade.

You must choose a sport you are using as one of your coursework sports. The analyses is split into 5 sections, each section is worth 4 marks out of the overall 20 marks.

The analyses must be word processed.

The 5 sections are;

- 1, Rules, Regulations and Terminology
- 2, Observation and Analyses
- 3, Evaluation
- 4, Planning strategies, tactics, practices and training to improve performance.
- 5, Understanding the principles and roles of leadership to improve performance.

You will be given 2 homeworks to complete each section. The analyses must be completed by **Christmas**. If you already have any coaching/umpiring qualifications give your certificate to your teacher to help get maximum marks for some of the sections.

Homework 1

.DUE Sept 22nd

*Rules, Regulations and Terminology ( games )*

*A, Name and explain 3 rules that you would consider the most important in your chosen sport.*

*B, Draw the referee's signal for 2 breeches of the rules. Name the rules.*

*C, Why are rules important in your sport ?*

*D, What would the referee award for any two named offences?*

*Rules, Regulations and Terminology ( individual )*

*A,, Name and explain 3 rules that you would consider the most important in your chosen sport.*

*B, How is your sport officiated in competition ?*

*C Why are rules important in your sport ?*

*D How could you be disqualified in a competition ?*

Homework 2

.DUE Oct 6th

*Observation and Analyses ( games )*

*A, What are your major strengths in your named sport ?*

*B, If you were playing against a team that liked playing at a very high tempo what tactics would you employ ?*

*C, When playing against a more physical/bigger team what are the common mistakes that teams make ?*

*D, What tactics should they be trying ?*

*Observation and Analyses ( individual )*

*A What are your major strengths in your named sport ?*

*B, In competition what tactics/strategies can you use /*

*C, What common mistakes are made in your sport ?*

*D, How can these be overcome ?*

*Homework 3*

*DUE Oct 20th*

*Evaluation ( games and individual )*

*A, Name a skill in your sport and write out a perfect technical model.*

*B, Name your strengths and weaknesses in the skill named in A*

*C, Compare your performance and that of someone else in the group ( named ) and identify the differences in the level of skill of both of you.*

*D, What skills do they do well ?*

*Homework 4*

*DUE Nov 10th*

*Planning strategies, tactics, practices and training to improve performance. ( games and individual ) ( games and individual )*

*A, Using information from your PEP what training methods would you recommend to improve performance in your named sport.*

*B, Looking at some of the weaknesses you named previously what practices could you use to improve these ?*

*C, How can your PEP be used to improve your fitness and performance in your chosen sport ?*

*D, Include your finished PEP.*

*Homework 5*

*DUE Dec8th.*

*Understanding the principles and roles of leadership to improve performance ( games and individual )*

*A, What is the role of a captain during play/competition ?*

*B, How can good leadership help to improve performance ?*

*C, What qualities do you think make a good leader. In your team you play in, can you identify anyone who demonstrates good leadership qualities.*

*D, How can a team manager/coach influence a performance?*

