

Analysis and Evaluation

Introduction

Explain what sport you have chosen and why

Give some facts about the sport. For example, how many people play it in the UK?

Part 1 Analysis

Start by explaining two strengths of your performance

Evaluate why the strengths are important

Fitness Component:

Explain the component –

How do you know it is a strength (i.e. CV fitness allows you to keep going throughout the match) –

How does the strength impact your performance? –

How does the strength impact the team performance? –

Give an example from a match you played

Skill/ Technique :

Explain the skill –

How do you know it is a strength (i.e. coordination when shooting allows you to score more goals) –

How does the strength impact your performance? –

How does the strength impact the team performance? –

Give an example from a match you played

Evaluate why the weaknesses are important

Fitness Component:

Explain the component –

How do you know it is weaknesses ? –

How does the weakness impact your performance? –

How does the weakness impact the team performance? –

Skill/ Technique : repeat the above

Part 2 – Analysis

Start by explaining why you have chosen to improve the skill and fitness strength

Go on to explain what training methods you will use to improve and why

- You can discuss why the methods you have chosen are better than others. For example maybe you've chosen fartlek training over continuous.

Part 3- session plans

Include a session plans

- 1) A session plan to improve your fitness weakness

Plan must include

- Training zones (where should your heart rate be? How will you check (fitbit, apple watch, hr monitor)
- Your warm up in detail- include pulse raiser, and the stretches you will include
- The main aspects of the session.
- The cool down- what is included? Why do you need to cool down?

THIS MUST LINK TO YOUR PERSONAL GOALS AND YOU. FOR EXAMPLE WILL YOU PLAY MUSIC BECAUSE THIS MOTIVATES YOU? WILL YOU USE THE GYM, SCHOOL OR THE PARK, WHY?

Part 4- SPORT

You must now explain how you will apply the principles of training to your programme. Your training programme should explain how it would evolve over time

S specificity

P progression

O overload- FITT

R reversibility

T tedium

Part 5- links to other parts of the specification

You must now right a page explaining how you have used other aspects of the spec

For example

Skill classification, types of guidance, types of feedback, knowledge of results & knowledge of performance, inverted u theory (arousal), breathing techniques, diet etc