

## BTEC Assignment Brief

<b>Qualification</b>	Pearson BTEC Level 3 National Certificate in Sport Pearson BTEC Level 3 National Extended Certificate in Sport Pearson BTEC Level 3 National Foundation Diploma in Sport Pearson BTEC Level 3 National Diploma in Sport Pearson BTEC Level 3 National Extended Diploma in Sport
<b>Unit number and title</b>	<b>Unit 7: Practical Sports Performance</b>
<b>Learning aim(s)</b>	<b>C:</b> Develop skills, techniques and tactics for sporting activity in order to meet sport aims  <b>D:</b> Reflect on own practical performance using selected assessment methods
<b>Assignment title</b>	Assessing Performance in an individual and team sport
<b>Assessor</b>	
<b>Issue date</b>	
<b>Hand in deadline</b>	

<b>Vocational Scenario or Context</b>	<p>As a volunteer coach at a local sports club, the head coach has asked if you would be able to help support one of the sports performers who has recently experienced a drop in performance</p> <p>The Head coach would like you to show the sports performer how to assess skills, techniques and tactics of a sports performer during a competitive situation. The sports performer will need to be guided through the methods of assessing their own performance.</p> <p>The Head coach would like you to do this in a team and an individual sport. The head coach believes that the sports performer will benefit from learning how to assess sports performers in other sports, in addition to learning how to do this in their own sport.</p> <p>The coach would like you to demonstrate to the sports performer how to do this by assessing your own performance in two sports.</p> <p>The head coach would like you to present a video of you taking part in a competitive situation in both a team and an individual sport. In each sport you will be required to demonstrate yourself effectively applying the appropriate skills, techniques and tactics.</p>
---------------------------------------	---

	In addition to the video the coach would like you to produce a report which outlines your own strengths and areas for improvement/development in each sport. Within the report you have been asked to outline the methods of assessment used, and to consider the different methods of feedback from a variety of observers.
--	--

<b>Task 1</b>	<p>The Head coach has asked that you record yourself demonstrating the skills, techniques and tactics for an individual and team sport. You will take part in competitive situations, which will show the experiences gained from participation in conditioned practices and isolated practices.</p> <p>The coach would like you to demonstrate a range of skills, techniques and tactics showing your ability to use these effectively in a competitive situation, adapting them to the conditions of the situation effectively.</p> <p>You will be required to demonstrate accurate technical performance of the skills, techniques and tactics, ensuring that you comply with the rules and regulations during the competitive situation. It is important that you are able to perform positively in offensive and defensive situations. If you are able to select, apply and adapt the appropriate skill at the correct time and demonstrate the use of effective tactics you will achieve a higher level of performance.</p>
---------------	---

**Criteria covered by this task:**

Unit/Criteria reference	To achieve the criteria you must show that you are able to:
C.P3	Demonstrate in a competitive situation or conditioned practice the appropriate combination of skills, techniques and tactics from isolated practices for an individual and a team sport.
C.M3	Demonstrate in a competitive situation the effective combination of skills, techniques and tactics from isolated and conditioned practices for an individual and a team sport.
C.D2	Demonstrate in a competitive situation the effective adaptation of the relevant skills, techniques and tactics from isolated and conditioned practices and full and accurate compliance of the rules and regulations for an individual and a team sport.
<b>Task 2</b>	<p>Part One:</p> <p>Using the video recording of your performance in the selected sports, the coach would like you to assess your performance.</p>

The Head coach has asked that you select at least three of the following assessment methods to reflect on your performance in each sport;

- SWOT (strengths, weaknesses, opportunities, threats) analysis, performance profiling.
- Use of technology (e.g. Dartfish®, video recordings).
- Testing.
- Interviews.
- Subjective.
- Observations.
- Objective performance data.

The Head Coach has asked that you provide a short justification as to why you have selected each of the methods of assessment.

#### Part Two

Using the selected methods of assessment, the Head Coach has asked that you produce a written summary in which you discuss your performance using the feedback/results that you have obtained from your use of the different methods of assessment.

The Head coach would like you analyse your performance in the selected sports, using the feedback, which you have obtained, and produce a development plan. You should discuss specific situations from your practical performance, stating how and why specific skills were good and bad, how specific tactics were applied, the good and bad decisions you made, and how the rules were applied.

The development plan that you produce should analyse your own performance to reflect the strengths and areas of improvement in each sport. You should give reasons as to why you believe certain elements of performance are strengths or areas for improvement. You should support your opinions with evidence.

To conclude your development plan, you should consider activities that you could undertake to further develop your performance in each sport.

The Head coach would like you to think of particular activities that could be used to improve your performance. The coach would like you to present these recommendations in your development plan in the following format (it may be easier to produce a development plan for each sport);

	<ul style="list-style-type: none"> <li>- Identify your aims and objectives for personal development in the selected sport</li> <li>- Identify short and long-term goals for your development</li> <li>- Set some SMART Targets for your development (specific, measurable, achievable, realistic, time bound)</li> <li>- Highlight the opportunities for further development, e.g. training programmes, attending courses, qualifications, where to seek help and advice.</li> </ul> <p>To conclude the development plan, the Head Coach has asked if you could justify your recommendations for personal development. It will be important for you to consider your wider understanding of compliance of rules and regulations and use of skills techniques in the selected sports.</p>
<b>Checklist of evidence required</b>	<p>Video of learner performer in an individual and team sport</p> <p>Methods of assessments used to assess performance in a team and an individual sport</p> <p>Written report on own performance in a team and an individual sport</p> <p>A development plan for a team and an individual sport.</p>
<b>Criteria covered by this task:</b>	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
D.P4	Discuss the selected assessment methods used to review a practical sports performance.
D.P5	Discuss own performance using different assessment methods and feedback from others in an individual and a team competitive sport.
D.M4	Analyse own performance to reflect strengths and areas for improvement in an individual and a team competitive sport using feedback from others and different assessment methods.
D.D3	Justify recommendations for personal performance improvement using wider understanding of compliance of rules and regulations and use of skills and techniques in an individual and a team competitive sport.

<b>Sources of information to support you with this Assignment</b>	<p><b>Textbooks</b></p> <p>Edwards J, Badminton: Technique, Tactics, Training (Crowood Sports Guides), The Crowood Press Ltd, 1997 ISBN 9781861260277</p> <p>Griffin LL, Mitchell SA and Oslin JL, Teaching Sport Concepts and Skills: A Tactical Games Approach, Leeds: Human Kinetics, 1997 ISBN 0880114789</p> <p>Jones S, Rugby: Passing, Catching, Kicking (Know the Game Skills), London: A&amp;C Black, 2009 ISBN 9781408114100</p>
---	--

Parkhurst A, Tennis: A Complete Guide to Tactics and Training (Sporting Skills), First Stone Publishing, 2005 ISBN 9781904439479

Redknapp H, Soccer Skills and Tactics, Paragon, 2002 ISBN 9780752590448

Volleyball England, Volleyball (Know the Game) (Third Edition), London: A&C Black, 2006 ISBN 071367900X

Woodlands J, The Netball Handbook, Human Kinetics Europe Ltd, 2006 ISBN 9780736062657

### Videos

A range of videos involving elite sports competition are suggested for this assignment;

Advanced Badminton (DVD) (NTSC) – United States National Champion, Kevin Han, demonstrates how to become a top-level badminton player.

Basketball Power Forward Skills and Drills – Optimize Your Skills – Become a

Better Player – Techniques and skills to achieve high-level basketball performance.

Cilene Drownick: Building an All-Around Volleyball Athlete with Brazilian Training Methods (DVD) – Training techniques to be successful in volleyball.

FA Cup Final: 2006 – The Gerrard Final (DVD) – Features the classic 2006 FA Cup final between Liverpool and West Ham United.

London 2012: Gymnastics – Going for the Gold (DVD) – Features performances from the 2012 London Olympics.

Rugby World Cup 2015: The Final (DVD) – Coverage of the 2015 Rugby Union World Cup final between Australia and New Zealand.

The Australian Open Tennis Championships 2012: Men's Final (Novak Djokovic V Rafael Nadal) (DVD) – Features the classic men's final from 2012.

The Greatest moments in track and field – Sprint and Field Events (DVD) – Features a range of world-class performances in track and field athletics.

### Websites

[www.badmintonengland.co.uk](http://www.badmintonengland.co.uk) – Badminton Association of England

[www.britishcycling.org.uk](http://www.britishcycling.org.uk) – British Cycling

[www.british-gymnastics.org.uk](http://www.british-gymnastics.org.uk) – British Gymnastics

[www.britishswimming.org](http://www.britishswimming.org) – Amateur Swimming Association

[www.britishvolleyball.org](http://www.britishvolleyball.org) – British Volleyball Association

[www.englandbasketball.co.uk](http://www.englandbasketball.co.uk) – English Basketball Association

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

	<p><a href="http://www.olympics.org.uk">www.olympics.org.uk</a> – The British Olympic Association <a href="http://www.rfu.com">www.rfu.com</a> – The Rugby Football Union <a href="http://www.sportsofficialsuk.com">www.sportsofficialsuk.com</a> – Sports Officials UK <a href="http://www.thefa.com">www.thefa.com</a> – The Football Association <a href="http://www.ukathletics.net">www.ukathletics.net</a> – UK Athletics <a href="http://www.uksport.gov.uk">www.uksport.gov.uk</a> – UK Sport</p>
<b>Other assessment materials attached to this brief</b>	