

## BTEC Assignment Brief

<b>Student Name:</b>			
<b>Qualification</b>	BTEC Level 1/2 First Award In Sport		
<b>Unit number and title</b>	2 – Practical Performance In Sport		
<b>Learning aim(s) (For NQF only)</b>	C – Be able to review sports performance		
<b>Assignment title</b>	It's Review Time!!		
<b>Assessor</b>			
<b>Issue date</b>			
<b>Hand in deadline</b>			
<b>Resubmission required (please tick as appropriate)</b>	Yes		<b>Resubmission confirmed by Lead IV (please sign)</b>
	No		

<b>Vocational Scenario or Context:</b>	<p>Having done all of this work for other people you think it's about time you concentrated on your own game for a while – having neglected it recently.</p> <p>After looking back at some of the recordings and the observation records you produced in the previous task you decide to review your own performance in Football and Netball/Basketball before you get down to some serious training. After all, you want to improve your performance and become more successful. After discussing this with the PE staff you conclude that the best way to do this is to produce an observation checklist that can be used to review your own performance in your two selected sports.</p> <p>Once you have produced the checklist you intend to use it to review your own performance in your two sports, identifying strengths and areas for improvement and recommending some activities to help you improve.</p> <p style="text-align: center;">So, what are you waiting for?!</p>
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<b>Task:</b>	<p>In order to be a success you will need to:</p> <p>a) Produce an observation checklist that can be used effectively to review own performance in two selected sports.</p> <p>You must make sure that your checklist:</p> <ul style="list-style-type: none"> <li>- Has information about the technical demands (skills) for both of your sports</li> <li>- Is easy to follow. Remember, you might use it outside of school when you watch a recording that's been made of you playing your sport.</li> <li>- Have boxes which are easy for you to write in!</li> <li>- Has space for you to record tactical information about your performance.</li> </ul> <p>You need to make sure that you make the checklist yourself and that you can complete it easily.</p> <p>Do you know what scoring system you will use? Will you make notes or use abbreviations?</p> <p>Now, using the information you have gathered in your checklist about your</p>
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	<p>sports performance you should:</p> <p>b) Review your performance in both of your sports. You could do this by telling your teacher or by producing a piece of written work. If you choose to do this verbally your teacher will need to record your conversation (either with a video or audio recorder).</p> <p>You need to:</p> <ul style="list-style-type: none"> <li>- Look at your strengths and areas for improvement and give recommendations for how you could use activities / training methods to help you to improve your sports performance in both of your sports.</li> </ul> <p>You should:</p> <ul style="list-style-type: none"> <li>- Make sure that you thoroughly explain your strengths i.e. which techniques and skills are you really good at and why.</li> <li>- Describe your areas for improvement and come up with realistic ways you could improve them and how this could help to increase your overall sports performance.</li> <li>- You must justify why you have chosen the activities you have.</li> </ul>		
<b>Checklist of evidence required:</b>	Observation Checklists & Written Summary.		
<b>Criteria covered by this task:</b>			
Unit/Criteria reference	To achieve the criteria you must show that you are able to:		
2C.P6	Independently produce an observation checklist that can be used effectively to review own performance in two selected sports.		
2C.P7	Review own performance in two selected sports, describing strengths and areas for improvement.		
2C.M3	Explain 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.		
<b>Sources of information to support you with this Assignment:</b>	<p>Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., (2012) <i>BTEC First Sport Student Book</i>, Pearson Education (ISBN 978 1 44690 161 8)</p> <p>Commons, R., Rizzo, G. and Swales, M. (2010) <i>Level 2 BTEC Firsts in Sport Student's Book</i>, Oxford, (ISBN 978 1 85008 515 7)</p> <p>BTEC First Sport Level 2 Assessment Guide: Fitness for Sport and exercise Unit 1 and Practical Sports Performance Unit 2 (BTEC Sport Assessment Guide), Hodder, 2013</p> <p>Jennifer Stafford-Brown, Simon Rea, Katherine Howard and Andrew Bardsley</p> <p><b>Websites</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <a href="http://www.britishswimming.org">www.britishswimming.org</a>  <a href="http://www.teamgb.com/">http://www.teamgb.com/</a>  <a href="http://www.thefa.com">www.thefa.com</a>  <a href="http://www.rfu.com">www.rfu.com</a>  <a href="http://www.sportsleaders.org">www.sportsleaders.org</a> </td> <td style="width: 50%; vertical-align: top;">           Amateur Swimming Association            The British Olympic Association            The Football Association            The Rugby Football Union            Sports Leaders UK         </td> </tr> </table>	<a href="http://www.britishswimming.org">www.britishswimming.org</a> <a href="http://www.teamgb.com/">http://www.teamgb.com/</a> <a href="http://www.thefa.com">www.thefa.com</a> <a href="http://www.rfu.com">www.rfu.com</a> <a href="http://www.sportsleaders.org">www.sportsleaders.org</a>	Amateur Swimming Association The British Olympic Association The Football Association The Rugby Football Union Sports Leaders UK
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	www.sportsofficialsuk.com www.ukathletics.net www.uksport.gov.uk	Sports Officials UK UK Athletics UK Sport
<b>Other assessment materials attached to this Assignment Brief</b>	N/A	

<b>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</b>		
<b>To achieve the criteria, you show that you are able to:</b>	<b>Unit</b>	<b>Criterion Reference</b>
Produce, with guidance, an observation checklist that can be used effectively to review own performance in two selected sports.	2	1C.6
Review own performance, in two selected sports, identifying strengths and areas for improvement.	2	1C.7