

FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

BTEC First Diploma in Sport

Unit 4 – Practical Sport

Assessment Part 1

Assignment Context

This assignment will allow you to develop an appreciation of performance, observation and leadership skills and prepare you for undertaking additional coaching qualifications. These opportunities will assist you in gaining employment in a variety of community, voluntary and paid roles.

You are hoping to apply for a job coaching in the community when you leave school. You are aware that to be effective in this role requires all round understanding of sports skills. The ability to evaluate you own and others performance is critical to your development and will be enhanced through this assignment.

PRACTICAL SPORT

Part 1

Scenario

Your involvement in Curriculum and extra curricular PE and School Sport during your time at Fairfield has enabled you to acquire and develop knowledge, understanding and skills in a variety of areas. You have had opportunity to develop performance, observation, leadership and organisation skills through PE. This assignment will allow you to develop a greater appreciation of these areas and prepare for undertaking coaching qualifications. These opportunities will assist you in gaining employment in a variety of community, voluntary and paid roles.

Learning Outcomes

Outcome 1 - Be able to demonstrate a range of skills, techniques and tactics in selected sports.

Tasks:

In your lessons you will participate and reflect on your contribution in two contrasting sport activities. For each sport you must complete a reflective logbook. One sport must be a team activity and one must be an individual sport.

To achieve a PASS grade: -

1. **Complete** each week (for 6 weeks) a reflective diary in each sport. Describe the activities you have been involved in and your use of skills, techniques and tactics for that activity. (P1)

In order to achieve a Merit Grade, you must: -

1. **Use** the knowledge you have gained from your reflective diary to describe the tactics that would be appropriate for one team and one individual activity. (M1)

In order to achieve a DISTINCTION grade, you must ALSO: -

1. **In both activity areas** you must justify the appropriate tactics used by an individual or team. (D1Part 1)

2. **Upon justifying** the tactics selected identify areas that show how the individual and team could improve. (D1 Part 2)

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Assessment Part 2

Assignment Context

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PRACTICAL SPORT

Part 2

Scenario

Rules, understanding and appreciation are essential when performing, leading and in the coaching of sport. As you are undertaking NGB coach awards at Fairfield it is important you are equipped with the necessary understanding to become a better player and also a better official in the future.

Learning Outcomes

Outcome 2 - Know the rules, regulations and scoring systems of selected sports

Outcome 3 - Understand the roles and responsibilities of officials in selected sports

Tasks:

In this part of the assignment you will need to demonstrate your knowledge of the rules and regulations and the roles and responsibilities of officials in your two contrasting sports. You will need to research a range of sports and display an understanding of the rules and regulations governing these sports. For both sports produce a series of fact sheets that-

To achieve a PASS grade:

1. **Describe** the rules, regulations and scoring systems for one team and one individual sport. (P2)
2. **Describe** the main roles and responsibilities of officials in one team and one individual sport. (P3)

In order to achieve a Merit Grade, you must: -

1. **Explain**, using examples, the rules, regulations and scoring systems for one team and one individual sport. State why certain rules, laws and regulations are specifically suitable to the chosen sport. (M2)

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Assessment Part 3

Assignment Context

This assignment will allow you to develop an appreciation of performance, observation and leadership skills and prepare you for undertaking additional coaching qualifications. These opportunities will assist you in gaining employment in a variety of community, voluntary and paid roles.

You are hoping to apply for a job coaching in the community when you leave school. You are aware that to be effective in this role requires all round understanding of sports skills. The ability to evaluate you own and others performance is critical to your development and will be enhanced through this assignment.

PRACTICAL SPORT

Part 3

Scenario

In the final part of the assignment you will need to use the knowledge gained in parts one and two to undertake observations of others, identifying strengths and weaknesses and recommending ways in which performance can develop. This will help you develop skills needed to make personal improvements as a coach, leader or performer.

Learning Outcomes

Outcome 4 - Be able to demonstrate a range of skills, techniques and tactics in selected sports.

Tasks:

Undertake a series of observations of others in a variety of roles and offer suggestions to help the individual or team improve

To achieve a PASS grade: -

1. **With support from your teacher**, produce an observation checklist to review either the sports performance of: a) an individual or b) a team (P4)
- 2 **Use** the checklist and review the performance of: a) an individual or b) a team (P5)
3. **Identify** the strengths and weaknesses of an individual or a team in:
a) an individual sport and b) a team sport (P6)

In order to achieve a Merit Grade, you must: -

1. **Independently** produce an observation checklist to review either the sports performance of a) an individual or b) a team (M3)
2. **Describe** the strengths and weaknesses of an individual, or team in
a) an individual sport and b) a team sport
3. **Identify** ways to improve the weaknesses recognised (M4)

In order to achieve a DISTINCTION grade, you must ALSO: -

1. **Explain** the strengths and weaknesses of an individual, or team in
a) an individual sport and b) a team sport (D2 Part 1)

2. **Explain** specific recommendations you would make to improve weaknesses
identified (D2 Part 2)