

Sixth Form Enrolment Task
Subject – BTEC Sport- Level 3
Teacher(s) – Mr Thomas & Miss Hatton
Independent Learning Task

Due to be handed in on First PE lesson, on the 2nd week back in September.

Learning Objectives:

1. Examine the skills, techniques and tactics required to perform in selected sports
2. Evaluate strengths and weaknesses of performance, help to lead progression in future sessions.

Success Criteria:

1. They will identify relevant strengths and weaknesses and accurately justify why.
2. They will describe how two of the identified skills are performed at elite level using between 5-7 bullet points.

Explanation of task..

You will select a team and an individual sport both of which are Olympic sports.

The Head of PE would like you develop some additional promotional materials, which summarise the skills and techniques that sports performers must master, in order to participate in each sport.

Your summary should include skills which should be categorised as;

- Continuous skills
- Serial skills
- Attacking skills
- Defensive skills

You should summarise the effective use of the skills, techniques and tactics to maximise performance of sports performers during competition. Include good and bad examples of the skills and techniques being applied and discuss the strengths, weaknesses and difficulties in applying them. Think about how the difficulty in the application of the skills and techniques changes from isolated situations, to conditioned practices and then into a competitive situation.

You should also include the tactical demands for both sports, covering the following components;

- Defending
- Attacking
- Decision making

- Communication
- Environmental conditions

Provide real examples when discussing the tactical demands of each sport. You should use real examples to support your discussion of the tactical demands and discuss the importance of each tactical demand. Diagrams and pictures from competitive situations (such as the Olympics) may help you to support your conclusions on the importance of each tactical demand. Discuss the strengths and weaknesses, along with advantages and disadvantages, of the tactics.

Resources to support your work...

Google, Edexcel BTEC Sport website – Extended Certificate

This work is important because it covers subject content from the theory modules and forms the basis of the verbal coursework task.

If you do this you will then have a basic understanding of some of the key principles and be able to apply it in some of the introductory lessons.