

Help Sheet – Task 3

TITLE – Unit 2 – Task 3 – Review sports performance

You must.....

1. Produce 2 observation checklists for both sports that you were videoed in

This must include

- Technical demands of sport (skills and techniques)
- Tactical demands of sport
- **Components of fitness**
- Is the checklist suitable for self analysis in both sports
- Scales – 1-5 or Excellent – Poor

INCLUDE

- Skills and techniques the performer should be demonstrating
- The tactics the performer should be demonstrating
- Points scored and conceded
- Times and distances achieved
- Passes, interceptions and tackles made
- Penalties given away and other infringements of the rules
- Include tick boxes, make notes, score performers against criteria

Fill in both checklists independently whilst watching both of your videos on yourself

DO NOT MAKE THIS EVIDENCE UP IT MUST MATCH YOUR VIDEO EVIDENCE