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| **Performance Analysis Assessment**  |

**Candidate name:** *insert answer here*

**Activity:** *insert answer here*

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| **Analysis of Performance (15 marks)**Evaluate your sport and decide on two strengths and two weaknesses. One must be a fitness component and the other a specific skill, technique or strategy. You must explain why the area is a strength or weakness in the context of the activity with specific recent examples and whether it is effective / successful.  |
| **Strength one: Fitness component -** *insert answer here**Name and definition of the fitness component. Describe the fitness component and its general application to your sport.* *Link the fitness component to the sport, position or role you play – why is it important?(3 examples)**Give one example – how is the fitness component used in performance? Its effect on the performance, other players and the overall result.**Give a second example - how is the fitness component used in performance? Its effect on the performance, other players and the overall result.* *Explain the positive effect of this component on overall performance.*  |
| **Strength two: Skills, technique or strategy -** *insert answer here**Name and definition / description of skill or tactic and its role within your sport.* *State why and how it is important to your sport – include examples (at least 3)* *Give one example of a recent performance – how is the skill or tactic used successfully in performance? Its effect on the performance, other players and the overall result. How do you carry out the skill or tactic correctly? How does that then affect the performance?* *Give a second example of a recent performance – how is the skill or tactic used successfully in performance? Its effect on the performance, other players and the overall result. How do you carry out the skill or tactic correctly? How does that then affect the performance?* *Explain the positive effect of this skill or tactic on overall performance.*  |
| **Weakness one: Fitness component -** *insert answer here**Name and definition of the fitness component. Describe the fitness component and its general application to your sport.**Link the fitness component to the sport, position or role you play – why is it important?(3 examples)**Give one example – how is the fitness component is a weakness in performance? Its effect on the performance, other players and the overall result. Link relevant theoretical knowledge to justify weakness.**Give a second example - how is the fitness component is a weakness in performance? Its effect on the performance, other players and the overall result. Link relevant theoretical knowledge to justify weakness.**Explain the negative effect and impact this weakness has on overall performance.*  |
| **Weakness two: Skills, technique or strategy –** *insert answer here**Name and definition / description of skill or tactic and its role within your sport.* *State why and how it is important to your sport – include 3 examples* *Give one example a recent performance – how is the skill or tactic used successfully in performance? Its effect on the performance, other players and the overall result. How do you carry out the skill or tactic correctly? How does that then affect the performance?* *Give a second example a recent performance – how is the skill or tactic used successfully in performance? Its effect on the performance, other players and the overall result. How do you carry out the skill or tactic correctly? How does that then affect the performance?* *Explain the positive effect of this skill or tactic on overall performance.*  |
| **Evaluation of Performance (10 marks)** Using appropriate theoretical content included in the specification, produce an overall plan of action that suggests ways to improve upon the weaknesses that have been identified as part of your analysis.  |
| **Weakness one (fitness component):** *insert answer here***Chosen training type:** *insert answer here**Name the training method* *Explanation of the training method**Link the training method to the component of fitness – why is this training method relevant to the component of fitness?* *Recap your weakness through examples – how will this training method improve performance?* *How are you going to carry out the training method and what form will it take?* *Explain the direct effect and impact it will have on the fitness component and overall performance – what is your end goal?*  |
| **Training session:** Week one, session one of *insert answer here**State where your training session will take place, When? How?* **Safety Considerations** *Safety Considerations: venue, clothing, footwear, any personal needs***Heart Rate***Heart rate: state resting and maximal heart rate (with calculations).* *Explain which training zone you plan to work in and what your HR needs to be at for this.**Justification of training zones / HR to training plan.***Equipment***Bullet point equipment being used* **Warm Up***Warm up: Pulse raiser, stretching and skills WU. State what you are going to do specifically in your warm up, with any personal or safety considerations* **Main Session***Main session: Describe what you will do in ONE session.* *Describe and show workings for training zones and use diagrams if appropriate.* *Link session to fitness weakness – muscles, movement. How will it improve performance?* *Consider any safety you will ensure to prevent injury* *Principles of training: Justify and explain how you will carry out the principles of training, show how you carry out the FITT principle.* **Cool Down***Cool Down: State what you are going to do specifically in your cool down, with safety considerations.* **Conclusion of training programme** *Explain where you expect to be by the end of your training programme, what will have improved? How will it affect your overall performance? Is your goal still achievable?* \*include diagrams if needed\* |
| **Weakness two:** *insert answer here***Theoretical content chosen:** *insert answer here**Name the theoretical component* *Define and describe the theory and cause**Link the theory to the weakness – prove that the weakness could be affected by the theory* *State and explain HOW you are going to use this theory to improve the weakness.* *Link to example one used in the analysis section of the coursework and show the positive impact it would have**Link to example two used in the analysis section of the coursework and show the positive impact it would have**Explain how it could have a positive impact on future performances.*  |