

Unit 2: Practical Sports Performance



Knowledge:

- Know the rules, regulations and scoring systems for selected sports
- Know the skills, techniques and tactics in selected sports
- Know the importance of reviewing a practical sports performance.

Skills:

- Practically perform the skills, techniques and tactics in selected sports
- Be able to officiate a range of sports using the appropriate rule structure
- Reflect on strengths and areas of improvement for chosen practical sports.

Indicators of Expected Progress	
MEG D	I can analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve my own performance.
	I can compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.
MEG M	I can explain strengths and areas for improvement in two selected sports, recommending activities to improve my own performance.
	I can use relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations.
	I can explain, for each of the two selected sports, the role and responsibilities of officials and the application of rules, regulations and scoring systems.
MEG P	I can review my own performance in two selected sports, describing strengths and areas for improvement.
	I can independently produce an observation checklist that can be used effectively to review own performance in two selected sports.
	I can use relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices.
	I can describe the technical and tactical demands of two selected sports.
	I can describe the roles and responsibilities of officials from two selected sports.
	I can apply the rules of a selected sport in four specific situations.
	I can describe the rules, regulations and scoring systems of two selected sports.