



Huxlow & Rushden Academy
SIXTH FORM
One Trust, Two Schools, One Vision of Excellence



Sport Diploma (Double) BTEC

Prepared by: S Letts

Task 1:

Practical Sports Performance, Methods of Assessing Own Performance

- You need to watch an elite performer in two different sports. E.G. Ben Stokes in Cricket and Harry Kane in Football.
Use YouTube / Live Games to analyse!
- Complete a SWOT analysis of their performance in that game.
- Complete a Performance Profiling Wheel for that match. (Statistics based!)
- Complete an Observation Checklist on the performers. (Wide knowledge)
You may need to amend the Profiling Wheel and Observation Checklist to allow for Skills in your chosen sport. They are currently set up for Football athletes.

3 assessment methods: (what is the assessment method? How does it work? Why did you chose it? Think situation, sport & position demands)

- SWOT analysis
- Performance Profile Wheel / Objective Performance Data (notational analysis)
- Observation checklist

Transition Task



Assessment Method 1 - SWOT

Sport:

Strengths	Weaknesses
Opportunities	Threats

Assessment Method 1 - SWOT

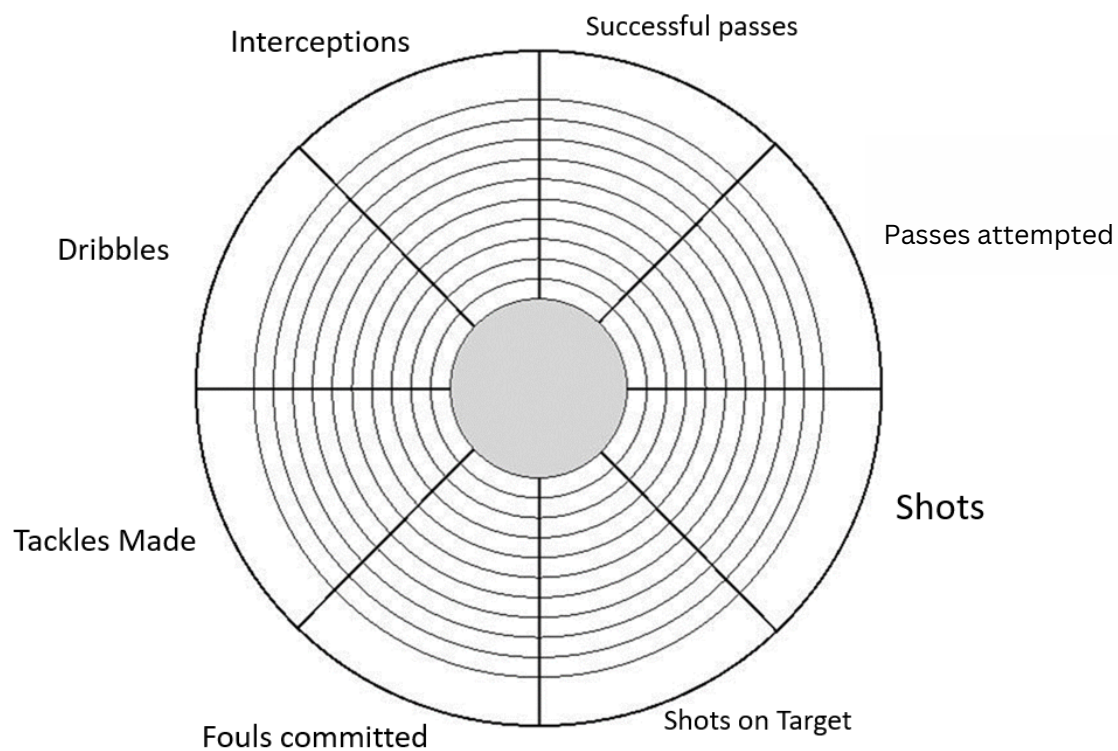
Sport:

Strengths	Weaknesses
Opportunities	Threats

Assessment Method 2 - Performance Profiling Wheel

Sport:

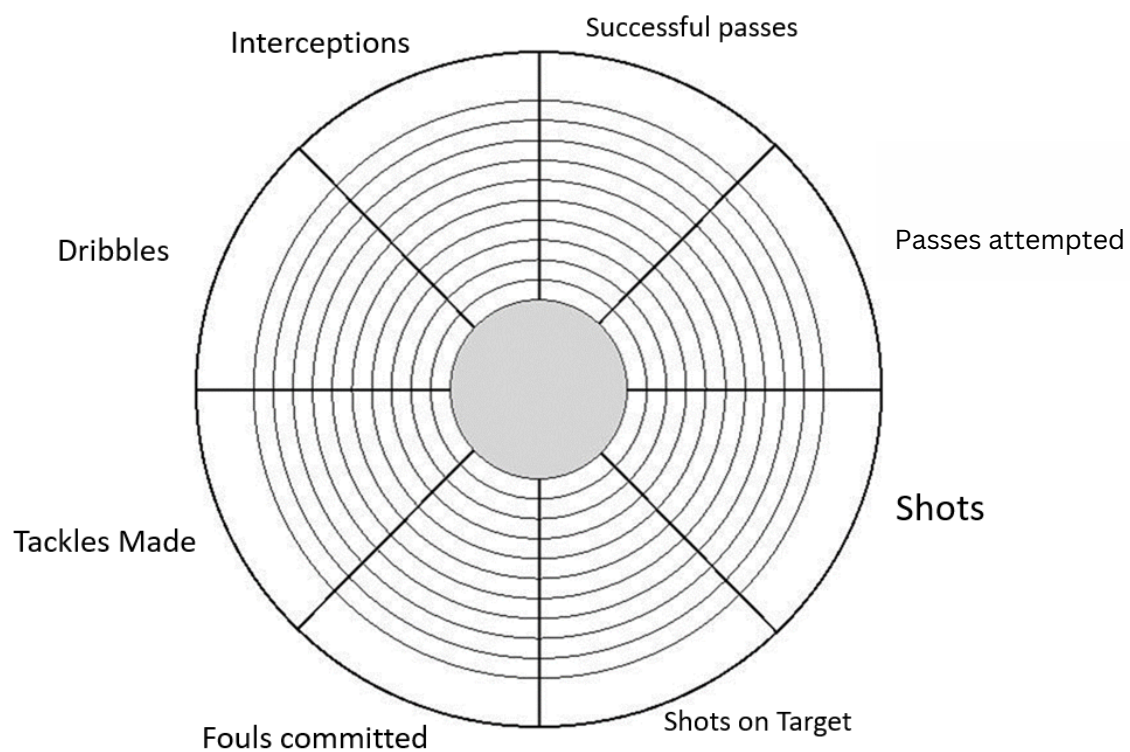
Use X to fill in the wheel



Assessment Method 2 - Performance Profiling Wheel

Sport:

Use X to fill in the wheel



Assessment Method 3 - Observation Checklist**Sport:**

Skills/Techniques/Tactics	Poor	Average	Good
Dribbling			
Passing - Short			
Passing - Long			
Shooting			
Tackling			
Heading			
Off Ball Movement			
Work Rate			
Ball Control			
Tactical awareness			
Tactics - using formation			
Other tactics			

Strengths:

- 1.
- 2.
- 3.

Areas to improve:

- 1.
- 2.
- 3.

Other comments:

Assessment Method 3 - Observation Checklist**Sport:**

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Other comments: