**BTEC Assignment Brief**

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| **Qualification** | | BTEC Level 1/Level 2 First Award in Sport  BTEC Level 1/Level 2 First Certificate in Sport  BTEC Level 1/Level 2 First Extended Certificate in Sport  BTEC Level 1/Level 2 First Diploma in Sport |
| **Unit number and title** | | Unit 2: Practical Performance in Sport |
| **Learning aim** | | Learning aim C: Be able to review sports performance |
| **Assignment title** | | **Sports Performance Review** |
| **Assessor** | |  |
| **Issue date** | |  |
| **Hand in deadline** | |  |
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| **Vocational Scenario or Context** | | In order to develop as a sports performer it is important that you can assess your own strengths and areas for development.  You have been asked to review your own performance using self-designed observation checklists, recommending activities to improve your performance and justify why you have chosen the activities you have. |
| **Task 1** | | 1. Select two sports that you play regularly.   Develop an observation checklist for each sport.    The observation checklist for each sport should:   * include the appropriate component(s) of fitness * include all the technical demands of both sports (skills) * have a clear format, which is easy to use (If you use a grading system, you should provide criteria which is to be used to assess performance.) * include all the tactical demands of both sports.  1. You should then use these checklists to assess and evaluate your own performance in the two chosen sports.   To help you do this, the Head of PE has suggested that you record your performance demonstrating the skills, techniques and tactics in each sport and use the observation checklist to assess your own performance.  Produce a written summary of your performance to sit alongside your checklists.  Make sure you consider **all** of your strengths, explaining why you think they are either a strength or an area for improvement within each sport.  You should remember to make recommendations on how the improvements identified could be made, for example, goal setting, training courses, use of technology, support and guidance from your coach/teacher etc for each sport.  For every recommendation made, you should justify why you think this would help improve your performance in the future. |
| **Checklist of evidence required** | | * Completed observation checklists for learner’s own performance in two selected sports. * Written summary. |
| **Criteria covered by this task:** | | |
| Unit/Criteria reference | To achieve the criteria you must show that you are able to: | |
| 2/2C.P6 | Independently produce an observation checklist that can be used effectively to review own performance in two selected sports. | |
| 2/2C.P7 | Review own performance in two selected sports, describing strengths and areas for improvement. | |
| 2/2C.M3 | Explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance. | |
| 2/2C.D2 | Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance. | |
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| **Sources of information to support you with this Assignment** | | **Textbooks**  Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., (2012) *BTEC First Sport Student Book*, Pearson Education ISBN 978 1 44690 161 8  Adams, M., Beashel, P., Hancock, J., Harris, B., Phillippo, P., Sergison, A. and Taylor, I., (2010) *BTEC Level 2 First Sport Student Book*,Pearson Education ISBN 978 1 84690 622 0  Andrew, K., (1989) *Skills of Cricket (The skills of the game)*,The Crowood Press Ltd, ISBN 978 1 85223 237 5  Commons, R., Rizzo, G. and Swales, M. (2010) *Level 2 BTEC Firsts in Sport Student’s Book*, OUPOxford, ISBN 978 1 85008 515 7  Edwards, J., *Badminton: Technique, Tactics, Training (Crowood Sports Guides)*, (1997)The Crowood Press Ltd, ISBN 978 1 86126 027 7  Parkhurst, A. (2005) *Tennis: A Complete Guide to Tactics and Training – Sporting Skills*,First Stone Publishing, ISBN 978 1 90443 947 9  Redknapp, H., (2002) *Soccer Skills and Tactics*,Parragon, ISBN 978 0 75259 044 8  Williams, T. and Hunter, J., (2000) *Rugby Skills, Tactics & Rules* (2nd edition),Bloomsbury, 2012 ISBN 978 1 40815 695 7  Woodlands, J., (2006) *The Netball Handbook*,Human Kinetics Europe Ltd, ISBN 978 0 7360 6 265 7  **Websites**  [www.britishswimming.org](http://www.britishswimming.org)  Amateur Swimming Association  [www.badmintonengland.co.uk](http://www.badmintonengland.co.uk)  Badminton Association of England  [www.britishcycling.org.uk](http://www.britishcycling.org.uk)  British Cycling  <http://www.british-gymnastics.org>  British Gymnastics  <http://www.teamgb.com/>  The British Olympic Association  [www.britishvolleyball.org](http://www.britishvolleyball.org)  British Volleyball Association  [www.englandbasketball.co.u](http://www.englandbasketball.co.u)k English Basketball Association  [www.thefa.com](http://www.thefa.com)  The Football Association  [www.lta.org.uk](http://www.lta.org.uk)  The Lawn Tennis Association  [www.rfu.com](http://www.rfu.com)  The Rugby Football Union  [www.sportsleaders.org](http://www.sportsleaders.org)  Sports Leaders UK  [www.sportsofficialsuk.com](http://www.sportsofficialsuk.com)  Sports Officials UK  [www.ukathletics.net](http://www.ukathletics.net) UK Athletics  [www.uksport.gov.uk](http://www.uksport.gov.uk)  UK Sport  **Note to assessors**    **We are committed to ensuring that teachers/tutors and learners have a choice of resources to support their teaching and study.**    **We would encourage them to use relevant resources for your local area such as local employers, newspapers and council websites.**    **Resources from various publishers are available to support delivery and training for all Pearson and BTEC qualifications so that learners and teachers/tutors can select those that best suit their needs.**    **Above are some examples of textbooks and websites. Further useful resources may be found at**[**https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html**](https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html) |
| **Other assessment materials attached to this Assignment Brief** | | N/A. |

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| **If you have not achieved the Level 2 criteria, your work will be assessed to determine if the following Level 1 criteria have been met.** | | |
| To achieve the criteria you must show that you are able to: | Unit | Criterion reference |
| Produce, with guidance, an observation checklist that can be used effectively to review own performance in two selected sports. | 2 | 1C.6 |
| Review own performance, in two selected sports, identifying strengths and areas for improvement. | 2 | 1C.7 |