

### School Logo

## BTEC Sport Assignment

### Front Cover Sheet

### Unit 8 - Technical Skills and Tactics in Sport

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Sample

|    |    |    |
|----|----|----|
| P1 | M1 |    |
| P2 | M2 |    |
| P3 | M3 | D1 |
| P4 | M4 | D2 |
| P5 |    |    |
| P6 | M5 | D3 |

Assessed by: \_\_\_\_\_ Date: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Unit 8 - Technical Skills and Tactics in Sport

On completion of this unit, learners should:

- LO1 To understand the technical and tactical demands of a sport.  
 LO2 To be able to plan and undertake a program to develop tactical awareness and technical skill.  
 LO3 To be able to set goals in relation to the necessary developments highlighted.

| To achieve a <b>PASS</b> grade the evidence must show that the learner is able to:   | To achieve a <b>MERIT</b> grade the evidence must show that, in addition to the pass criteria, the learner is able to:  | To achieve a <b>DISTINCTION</b> grade the evidence must show that, in addition to the pass and merit criteria, the learner is able to:         |
|--|---|--|
| <b>P1</b> Describe the technical and tactical demands of a chosen sport.   | <b>M1</b> Explain the technical and tactical demands of a chosen sport.   |  |
| <b>P2</b> Assess the technical skills and tactical awareness of an elite performer, identifying strengths and areas for improvement. | <b>M2</b> Assess the technical skills and tactical awareness of an elite performer, explaining strengths and areas for improvement.                                   |  |
| <b>P3</b> Assess own technical skills and tactical awareness in a chosen sport, identifying strengths and areas for improvement.     | <b>M3</b> Assess own technical skills and tactical awareness in a chosen sport, explaining own strengths and areas for improvement.                                   | <b>D1</b> Compare and contrast own technical skills and tactical awareness with those of an elite performer and the demands of a chosen sport. |
| <b>P4</b> Produce a six-week training programme, with tutor support, to develop own technical skills and tactical awareness.         | <b>M4</b> Independently produce a six-week training programme to develop own technical skills and tactical awareness, describing strengths and areas for improvement. | <b>D2</b> Evaluate the training programme, justifying suggestions made regarding improvement.  |
| <b>P5</b> Carry out a six-week training programme to develop own technical skills and tactical awareness.                            |   |  |
| <b>P6</b> Review own development, identifying goals for further technical and tactical development, with tutor support.              | <b>M5</b> Independently describe own development, explaining goals for technical and tactical development.  | <b>D3</b> Analyse own goals for technical and tactical development, suggesting how these goals could be achieved.                              |

Unit 8 links to a number of other units, as shown below, and provides a lot of opportunities to cross-reference and combine assignment work for these units.

### **Unit 8 - Technical Skills and Tactics in Sport**

#### Scenario

You are a netball player. You need to be able to consider the technical and tactical aspects of netball. Through developing a knowledge of the performance analysis process you will be able to:

- Appreciate the feedback given by a coach
- Understand the analysis model and training plan
- To begin to offer coaching advice and feedback to younger athletes.

#### **Task 1**

Describe the technical and tactical demands of a chosen sport. P1

Explain the technical and tactical demands of a chosen sport. M1

#### **Task 2**

Assess the technical skills and tactical awareness of an elite performer, identifying strengths and areas for improvement. P2

Assess the technical skills and tactical awareness of an elite performer, explaining strengths and areas for improvement. M2

#### **Task 3**

Assess own technical skills and tactical awareness in a chosen sport, identifying strengths and areas for improvement. P3

Assess own technical skills and tactical awareness in a chosen sport, explaining own strengths and areas for improvement. M3

Compare and contrast own technical skills and tactical awareness with those of an elite performer and the demands of a chosen sport. D1

#### Task 4

Produce a six-week training programme, with tutor support, to develop own technical skills and tactical awareness. P4

Independently produce a six-week training programme to develop own technical skills and tactical awareness, describing strengths and areas for improvement. M4

Evaluate the training programme, justifying suggestions made regarding improvement. D2

#### Task 5

Carry out a six-week training programme to develop own technical skills and tactical awareness. P5

#### Task 6

Review own development, identifying goals for further technical and tactical development, with tutor support. P6

Independently describe own development, explaining goals for technical and tactical development. M5

Analyse own goals for technical and tactical development, suggesting how these goals could be achieved. D2