

NON-NEGOITIABLES

Create folders in your student drive for each Unit 1, 2, 3.

Document called: YOURNAME-U2LABv1

Unit details and student detail included.

Page numbers.

Titles for each main section.

Subtitles for each subsection.

The same font throughout.

Referencing for all information/pictures diagrams that you get from the internet.

If you choose a sport we don't do in school then you will need to video it yourself.

Written document.

Do one sport then do the other sport.

Keep a logical order:

Skills - Fitness - Tactics

Video evidence

Isolated practices - conditioned situations - competitive situations.

You must be clearly identifiable and the game must be a full game with officials.

STRUCTURE

U2 LAB SKILLS, FITNESS, TACTICS

To gain a LEVEL 1 PASS you would be making a LIST

To gain a LEVEL 2 PASS you would be DESCRIBING the things in the list

To gain a LEVEL 2 MERIT you would then explain why they happened

To gain a LEVEL 2 DISTINCTION you would then ANALYSE the effect they have

BRIEF SUMMARY

YOU NEED 2 SPORTS.

PART 1 - WRITTEN DOCUMENT

PART 2 - VIDEO EVIDENCE

SAME SPORTS FOR BOTH PARTS.

Skills - these are the actions that make up the game - the ability to perform an action with determined results. E.g. side foot pass.

Fitness - Components of fitness - what are they and why do you need them for that sport? E.g. Speed is.....so you can....

Tactics - formations, presses, ways of marking, patterns of play, long ball etc.

Isolated practices - one skill under no pressure conditioned situations - small sided games focusing on a particular skill.

Competitive situations - a full game.

UNIT CONTENT