



Summer work

# Your Task

- ▶ For A-Level, you need to complete a written piece of coursework that is worth 10% of your overall grade.
  
- ▶ Over the summer, you need to-  
See what is required of you for this piece of work; structure and content  
The standard expected  
Research your sport in the Specification online to see what your AO2 and AO3s are (see example for tennis later in the Ppt):  
Start to have a look at and get familiar with the new content for A-Level and think about what you might use for your coursework.

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

- ▶ Look at the following slides and the exemplar document to see what is required.

# COURSEWORK

# What it is!

- ▶ Analysis and evaluation of performance
- ▶ 45 marks
- ▶ 20 marks for analysis and 25 marks for evaluation
- ▶ You must analyse and evaluate the performance of yourself in a fully competitive context



## Analysis

- ▶ You must identify 1 weakness from the AO2 part of your sport and 1 weakness from the AO3 part of your sport.

## Evaluation

- ▶ You must discuss the causes of your weakness and ways in which you can improve the weaknesses mentioned.

# Tennis

<p>Area of assessment 2 – Defensive skills</p>	<p>Return of service.</p> <p>Forehand – blocked return, drive down the line, topspin drive.</p> <p>Backhand – blocked return, slice return down the line.</p> <p>Rally.</p> <p>Forehand – loop recovery, lob.</p> <p>Backhand – loop recovery, lob.</p>	<p>Return of service.</p> <p>Forehand – slice, cross court returns (drive/topspin/slice).</p> <p>Backhand – topspin, cross court returns (drive/slice).</p> <p>Rally.</p> <p>Forehand – topspin lob, ½ volley.</p> <p>Backhand – ½ volley.</p>
<p>Area of assessment 3 – Tactics and strategies</p>	<p>Variation of service, position on court, moving from attack to defence (and vice versa), baseline play, net play, and variation of shot.</p> <p>Accuracy of first serve.</p>	<p>Accuracy and variation of first and second serve, attacking opponents second serve, use of serve and volley, chip and charge.</p> <p>Ability to maintain sustained baseline rally, use of feint/ disguise.</p>

# Analysis section

- ▶ You must identify a weakness from AO2 and AO3.
- ▶ Student is able to identify and explain weakness(es), illustrating an excellent level of awareness.
- ▶ Student demonstrates excellent levels of depth and/or breadth of analysis when analysing weaknesses, consistently highlighting the effect of prominent technical/tactical/strategic errors upon overall skill execution and performance.
- ▶ Student shows excellent knowledge and understanding of the different techniques/tactics/strategies used in the analysis.
- ▶ Student uses appropriate and correct technical terminology consistently.

## **Situation (background info)-**

- ▶ who was performing
- ▶ Who were they performing against- eg what team what league, level of competition etc
- ▶ how had they been performing before the situation- winning, playing well, losing, struggling etc
- ▶ List 2 or 3 situations where this skill weakness affected the game, and the scene; eg what was happening at the time; what was the score, why did this weakness in skill cause them to fail?

## **Preparation**

- ▶ How you prepare to complete the skill (technical info)

## **Execution**

- ▶ How the skill was carried out- results and consequences of the skill being carried out this way; technical info, impact the weakness had on performance



## What to include

- ▶ comparison to elite performer throughout the work- how does your performance compare to a pro?
- ▶ Technical language (sports specific).
- ▶ As many aspects of the technique as possible- joints and joint action, muscles and muscle action, planes and axis, sports specific technique.

# Evaluation Section

- ▶ Student demonstrates excellent depth of knowledge of relevant theoretical causes and corrections in line with the detail required in the specification for that topic.
- ▶ The cause(s) are developed and directly linked back to the weakness(es) with a detailed explanation which contains few if any inaccuracies.
- ▶ Relevant corrective measures for weaknesses are identified and linked back to the cause(s) using theory from the specification with almost no inaccuracies.
- ▶ Student almost always uses an excellent level of technical language throughout this section of work.



Theoretical Causes of weakness identified and Corrective measure identified.

### Explanation

- ▶ Cause- What is the main cause of your weakness- Theory aspect fully explained.
- ▶ Justify your choice of cause by applying the theory to the weakness.
- ▶ Corrective measure is fully explained- what are you going to do to correct your weakness.
- ▶ Corrective measure is fully applied and is made specific to the performer.
- ▶ Technical language is used.