

Unit 2 Assignment C: Observation Checklist

Checklist and Knowledge Organiser

Success Criteria	Evidence Required	Completed?
2cP6	Create an observation checklist table for 1 sport that includes: 5 technical skills 3 tactics 3 components of fitness	
2cP6	Create another observation checklist table for a different sport that includes: 5 technical skills 3 tactics 3 components of fitness	
2cP7	Fill out your observation checklist table based on your own performance for your 1st sport	
2cP7	Fill out your observation checklist table based on your own performance for your 2nd sport	
2cM3	Explain 2 strengths for your 1st sport : -Explain what the tactic/technique/component of fitness is and why it is needed in the game -Link back to your table to show why it is a strength -Why does this help your performance	
2cM3	Explain 2 strengths for your 2nd sport : -Explain what the tactic/technique/component of fitness is and why it is needed in the game -Link back to your table to show why it is a strength -Why does this help your performance	
2cM3	Explain 2 weaknesses for your 1st sport : -Explain what the tactic/technique/component of fitness is and why it is needed in the game -Link back to your table to show why it is a strength -Why could this impact your performance -State a drill or training type that could be used to improve this weakness	
2cM3	Explain 2 weaknesses for your 2nd sport : -Explain what the tactic/technique/component of fitness is and why it is needed in the game -Link back to your table to show why it is a strength -Why could this impact your performance -State a drill or training type that could be used to improve this weakness	
2cD3	Analyse your strengths for your 1st sport : -Why does this help yours and your team's performance -What could you do to maintain this	
2cD3	Analyse your strengths for your 2nd sport : -Why does this help yours and your team's performance -What could you do to maintain this	
2cD3	Analyse your weakness for your 1st sport : -What other training session or drill could you use to help get better -Why is your original idea better at making improvements than this one	
2cD3	Analyse your weakness for your 2nd sport : -What other training session or drill could you use to help get better -Why is your original idea better at making improvements than this one	

What is an observation checklist?

This is where you would watch a sport performance and check and compare how well they perform in certain tasks. This can be used to help analyse performance and be used to help improve performances going forward.

An example for basketball can look like:

Skill	Score (out of 10)
Jump shot	4
Lay up	6
Dribbling	8
Chest pass	4
Set shot	2
Speed	7
Aerobic Endurance	3
Balance	8
Attacking	6
Decision Making	2
Positioning	7

What is a technical skills?

A skill is a learned ability, this is how the skill is performed, and examples of these are:

Dribbling, Short or Lob pass, Tackling, Shooting, Heading or Running in football

Batting, Bowling, Underarm or Overarm throws, High or Low catch or Running in rounders

What is a tactic?

This is a plan or strategy that can be used to help improve performance and win. Examples of tactics that can be considered selection of shots, decision making, use of space, environmental conditions For example,

Formation of play in football

Using the donkey drop in rounders due to the position of the sun

What are the components of fitness?

These are areas of fitness that are needed to be able to produce an all-round good performance. For example,

Aerobic endurance, Agility, Balance, Body Composition, Coordination, Flexibility, Muscular Endurance, Muscular Strength, Power, Reaction Time, Speed

Ways that we can improve our weaknesses:

Training sessions or drills that focus on the area that we are weak on, for example:

Continuous training of jogging for a minimum of 30 minutes to improve my aerobic endurance.

With a partner, throw a ball into the air at different heights and directions to help me with improving my confidence and ability to do a header in football.