**Year 11 BTEC PE – To Do List Help**

**Priority 1 – Unit 2 Practical Sport – Ensure you have all of the below information in the assignments before you come back to school. Most of it is done, just need to make sure that EVERYTHING is in there and not just bits. Feedback has been provided for you by me on the slip given to you or on the assignments themselves in the comments area.**

**Learning Aim A – Rules and Regulations of Badminton and Rounders**

***To help secure a PASS grade you need to include the following in your assignment.***

National Governing Body for Rounders National Governing Body for Badminton

Rules of Badminton Roles of the officials in Rounders

Rules of Rounders Examples of applying the rules in Badminton

Scoring system for Badminton Examples of applying the rules in Rounders

Scoring system for Rounders

Roles of the officials in Badminton

***To help secure a MERIT grade you need to include the following in your assignment.***

Explain in more depth the roles and responsibilities of the officials in Badminton including hand signals and the communication between the officials when calling rules.

Explain in more depth the roles and responsibilities of the officials in Rounders including hand signals/communication between the officials when calling rules.

***To help secure a DISTINCTION grade you need to include the following in your assignment.***

Compare these roles and responsibilities of the officials in both sports. Select the officials that have similar roles i.e. keep score etc. as well as commenting if there are any officials that do not have the same roles and describe the differences regarding this. i.e. does one sport have more/less officials, what do they do etc.

Recommend new rules or adaptations to the current rules in order to improve the sport. Could technology be added? If so, how? Could physically impaired people play the sport? How can the rules be changed to help this?

**Learning Aim B – Technical and Tactical Skills required for Badminton and Rounders**

***For a Pass grade, you need to have an image of the skills, a description of how, when and why you would perform the following skills in the given sports. All images and information researched needs to have the website on the slide where you got the information from.***

**Badminton**

Forehand/Overhead Clear
Flick Serve
Low Serve
High Serve
Forehand Drop Shot
Smash Shot

**Rounders**

Long barrier
Overarm throw
Underarm throw
Low catch
High catch
Fast bowl
‘Donkey Drop’ bowl
Batting
Chase and Retrieve

**Tactical demands of Rounders**

*Expand on each of the following points and explain how using them can help you win a game of Rounders.*

* Field placements
* Batting order (spreading out the stronger batters)
* Variety of different bowls when bowling
* Variety of shots when batting (hit it where there are no fielders)

**Tactical demands of Badminton**

*Expand on each of the following points and explain how using them can help you win a game of Badminton.*

* Variety of shots during play
* Moving your opponent to different parts of the court
* Identifying your opponent’s weaker side (i.e. forehand or backhand)
* Identifying your opponent’s weaker shots.

**Learning Aim C – Performance Analysis Checklist**

Create a checklist with all of the skills on from the Learning Aim B. Score yourself out of 10 for three performances. Identify 3 strengths and 3 areas for improvement from these scores and explain and describe why they are a strength and why they are an area for improvement.

You will need to do this for Badminton and Rounders. ***Remember to make sure one of your weaknesses is what you are working on is what you are improving in your 6 week training programme.***

FOR MERIT – explain what you are going to do to develop this skill in future and how that is going to help improve that particular skill. i.e. video analysis of yourself, join a club, have a coach watch you and give you feedback etc.

**Priority 2 – Unit 3 Training for Fitness** – **Again, most of the work has been done but still things missing in your assignments for them to class as submissions. Please refer to the feedback checklist given to you in class (copy below) and complete/amend the boxes that are unticked by me.**

**Learning Aim A – Programme Design**

**Programme Design**

* Component of fitness you are working on
* Definition of the component of fitness
* Why you are working on that particular component of fitness
* Methods of training you are going to use - why?
* State what each letter of SPORV is.
* Explain how you are going to apply them to your training programme
* State what each letter of FITT means.
* Explain how you are going to use it in your training programme.
* Describe what warm up and cool down you are going to do
* Explain why it is important to do a warm up and cool down.

**Target setting**

* State what your target for the six week training programme is.
* State what each letter of SMARTER means.
* Explain how you have used each letter of SMARTER to set your target.
* Short, medium and long term goals – how long they are and state what your short, medium and long term goals are.
* Aims of your training programme
* Objectives of your training programme (inc. methods of training you are using)
* Intrinsic and Extrinsic motivation – what do they both mean?
* Explain how you are going to keep yourself motivated during your programme.

**Six week training programme**

* Table of your training programme **IN DETAIL (i.e. including reps/sets, weight, distances)**
* State where your rest days are and why they are important.
* For **MERIT** – must be creative i.e. have you got a variety of activities? Inside and outside? Using a variety of equipment and adapting a session. i.e. running up hills outside with weighted back pack etc.

**PAR-Q Questionnaire**

* One blank PAR-Q
* One completed PAR-Q
* Explain how you will use some of the information that you have gathered from your questionnaire to help you design your training programme to suit your **Individual Needs**. i.e. ***I have stated that I am only available for 4 nights a week so I have to plan my training programme to suit that.***

**Learning Aim B – Physiological Responses to Exercise**

**Learning Aim C – Training Diary**

**Diary of Training Programme**

* Detailed information of what you have done for each week of your training programme (this includes the diary that you had in lesson with **EVERYTHING** filled in)
* Sets and reps
* Machines used
* Weight used
* Heart rate
* Distances
* Speed/level on the machine
* **Plus, all questions on the diary.**

**Measures of Success**

* Description of your Intrinsic and Extrinsic motivation throughout the training programme
* Self-confidence scale (1-10)
* Explanation of self confidence
* Description of benefits of having good self-confidence

**Learning Aim D – Training Programme Review**

**Review of a personal training programme**

* What were your aims of the plan?
* Do you think you met the aims of your training plan? How and why?
* What were the objectives of your training plan?
* Do you think you met the objectives of your training plan? How and why?

**Strengths**

* State 3 aspects of your training programme that you feel went well and why.
* Physiological responses that you experienced the most during your training programme.

**Areas for improvement**

* Description of three areas for improvement of your training programme and why.
* Suggestions that you would do next time to make sure these areas for improvement wouldn’t happen.
* Justify why what you have suggested would improve your training programme next time **(Merit).**

**Priority 3 – Unit 6 Sports Leadership**

**Learning Aim A – Attributes of Sports Leaders – Most of this has been done in lesson so we are making good progress with this one. If the other two priorities have been done, then spend time on the two sports leaders.**

**Sport Leaders**

**Sport leader 1**

* Name
* Image
* Description
* What attributes does this sports leader mainly have?
* How do you know?
* Why is it important that they have these attributes in their sport?
* What responsibilities does this leader have?
* How do you know?
* Why is it important**?**

**Sport leader 2**

* Name
* Image
* Description
* What attributes does this sports leader mainly have?
* How do you know?
* Why is it important that they have these attributes in their sport?
* What responsibilities does this leader have?
* How do you know?
* Why is it important**?**

**FOR PASS**

* You must have described each one of the attributes and described the attributes of the two sports leaders you have chosen

**FOR MERIT**

* You must have explained each one of the attributes in detail stating why they are important and giving examples of each. As well as, explaining and evaluating the attributes of your two sports leaders stating what they strengths and weaknesses are and suggest attributes they will need to become more successful ***SEE EXAMPLE GIVEN ON SLIDES.***

**FOR DISTINCTION** *– REFER TO ASSIGNMENT CRITERIA IN FOLDER AND USE HELP SHEET IN FOLDER*

**Learning Aim B – Planning and leading a sports session – Only to be done if everything else has been done. You need to plan to lead 2 sports sessions, one team sport and one individual sport (i.e. badminton) that need to last one hour. Checklists, templates and examples have been provided for you to help.**

**Session Plan 1 – Individual/Team sport**

***Session Information***

* Date/Time
* Name of Coach/Leader
* No. of Participants
* Gender of Participants
* Age Range
* Duration
* Location of Session
* Medical Issues
* Any other Issues
* Activity
* Aims of the Session
* Equipment needed

***Structure of the Session***

* **Warm up** – including warm up phase and small activity to start
* **Main activity** – including sessions that help towards the aim of the lesson, with timings and detail/image of the drills. Must include a game
* **Cool Down** – including stretches, cool down and session recap/questioning.

**FOR PASS –** *REFER TO THE EXAMPLE IN THE FOLDER.*

**FOR MERIT –** Justify (give reason) why you have chosen the activities that you have done in your session. i.e. have you done them before, and they are good? Are they fun? Are they linked to the aims of your session? Are they safe?