



**TASK 2 – As a result of this table and your observations please identify:**

- **2 skills that were strengths:**

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- **2 skills that were weaknesses:**

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- **2 components of fitness that were strengths:**

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- **2 components of fitness that were weaknesses:**

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**TASK 3 – Please explain why the components of fitness above (strengths and weaknesses) are important for the sport that is being observed.**

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**TASK 4 – Please pick one skill performed by the performer you are observing. Please name the joint(s) used, type of movements happening at the joint, and the main muscles used in this movement.**

**Joint(s):**.....

**Types of movement:**.....

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**Muscles used:**.....

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**TASK 5 – Please identify and explain an example of a simple and complex skill, & an open and closed skill you observed the performer demonstrate.**

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**TASK 6 – ACTION PLAN – In order to improve on the performers weaknesses in terms of components of fitness and skill performance please provide details below of:**

- **FITNESS IMPROVEMENT e.g. CV endurance, Speed - Please identify the component of fitness you are setting the performer to improve, why it is important to improve it and what method of training they should use to improve it**

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**How would you apply the principles of training to this?**

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- **SKILL IMPROVEMENT** e.g. shooting, passing - Please describe (you can use diagrams to help you) a drill that could be used to improve one of the weaknesses of the performer. Please identify teaching points they would need to demonstrate e.g. to play a side foot pass in Football they would need to have their non-kicking foot beside the ball

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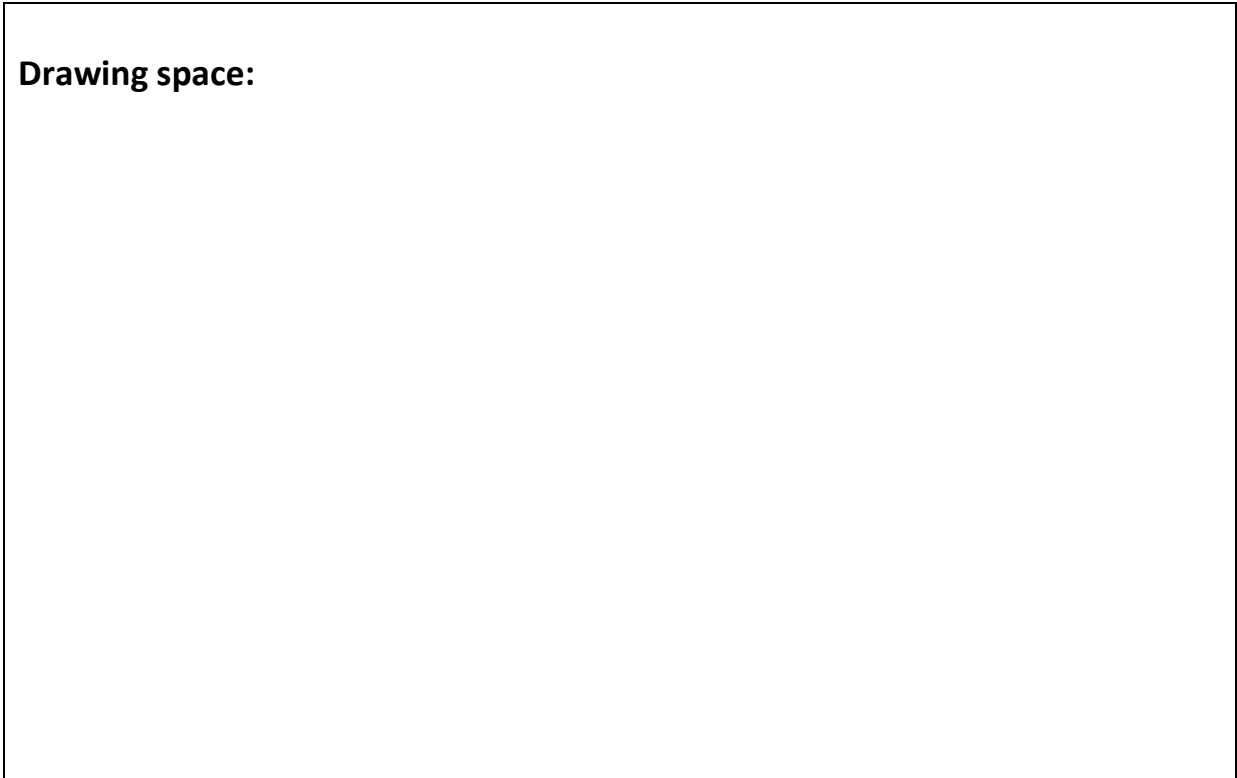
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**Drawing space:**



- When improving both their skill and fitness what risks would need to be assessed

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- Set the performer a SMART target to improve their fitness and skill performance.

**Fitness:**.....

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**Skill performance:**.....

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