

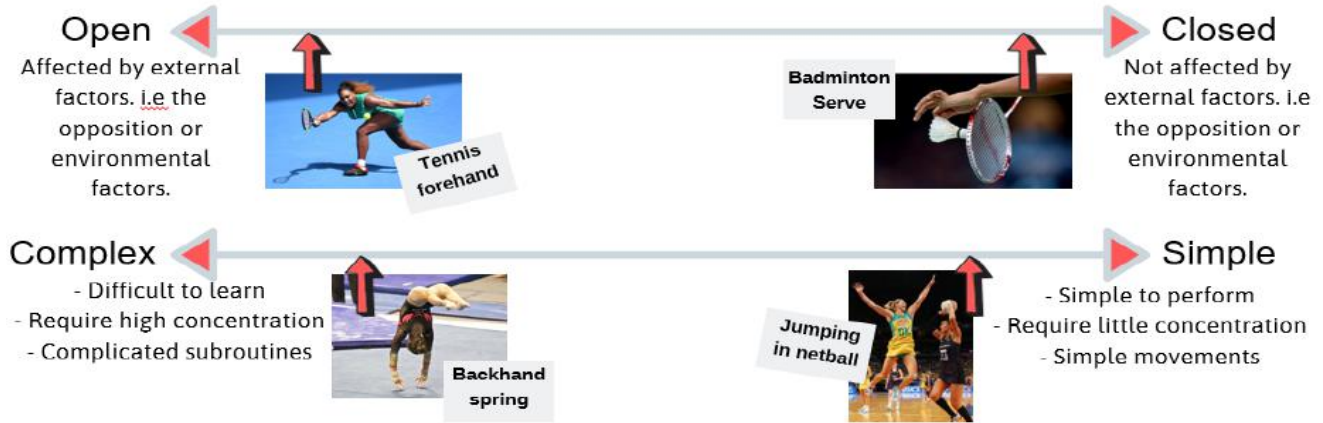
Key vocabulary

Tier 3 Vocabulary	Definition
Skills	The learned combination of movements using muscles and joints so that a smooth and coordinated action is produced.
Techniques	How individuals perform the same skill.
Technical demands	Different sports vary in their technical demands.
Tactics	These are the plans an individual performer uses when playing against an opponent to try and exploit their weaknesses as well as personal strength.
Strategies	These are overall plans on how best to perform as an individual.
Composition	This is linked more to artistic activities. It is the art of creating and arranging something.
Tier 2 Vocabulary	Definition
Identify	Name the key point.
Describe	Recall facts, events or process in an accurate way.
Explain	Make something clear or state the reasons for something happening.
Evaluate	Using the information supplied to consider evidence for and against when making a judgement.
Demonstrate	To show how to do something.
Practise	To do repeatedly in order to improve or gain skill.

Sports Studies R052

Types of Skill

The types of skills used in a performance are classified on a sliding scale called a continuum



Types of Practice

Whole practice This practice involves repeating the whole series of actions. Gymnastic skills and games activities are easier to perform as a whole. The actions can be performed over and over to perfect them.	Part practice This practice is used when the skill is low in organisation and can be split up into sub routines. If the skill is complex, it can be broken down into sub routine to allow mastery of the 'parts' before putting them all together.	Variable practice This involves using different methods to achieve a learning goal, or performing a task in different situations. It aims to provide the performer with the ability to adapt a skill to a range of possible circumstances	Fixed practice This practice involves a stable and predictable environment where conditions remained fixed. Fixed practices are usually employed for closed type skills.
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Methods to Improve Performance

Altering context of performance

Playing and training with better players can help improve performance.



Different types of practice

Using the various types of practice that are suited to a specific skill or sport can help improve performance.



Use of tools to aid evaluation

Match analysis and video analysis can help identify areas for improvement.



Ways to Measure Improvement

Completion of proficiency awards

Players and performers can complete proficiency to show they are able to compete at the next level.



Monitoring competition results over time

Results can be monitored over a period of time to see if improvements have been made.



Keeping individual logs/diaries

Logs and video diaries can be used to log self evaluations of performances and they can also be used to record results.



Peer observation

Team mates and coaches can also observe performances and offer feedback.



Measurements/data

Fitness tests can be repeated and results can be compared to the original data to see if improvements have been made.

