



| Week | Learning | Activities |
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| Week 1 beginning 1 st June | Understand the rules, regulations and scoring systems for selected sports | Select 2 (most selected football and badminton) sports and cover the rules, regulations and scoring systems for each sport and demonstrate how the rules are applied within the selected sports and specific situations. Once complete you must apply the rules of ONE sport in FOUR specific situations for P2. |
| Week 2 beginning 8 th June | Understand the rules, regulations and scoring systems for selected sports | For M1 you must explain the role and responsibilities of officials and the application of rules, regulations and scoring systems for each of your two selected sports. For D1 you must compare and contrast the roles and responsibilities of the two sports officials. This must also be accompanied by recommendations on how to improve the application of rules, regulations and scoring systems for each sport. |
| Week 3 beginning 15 th June | Practically demonstrate skills, techniques and tactics in selected sports | For P4 ensure that you include a PowerPoint presentation which outlines all the components of fitness, skills, techniques and tactics that you are using in your two sports. These have to be the same two sports from Assignment 1. You will use the template emailed to you (it has football and badminton as examples) |
| Week 4 beginning 22 nd June | Practically demonstrate skills, techniques and tactics in selected sports | You must complete all sections that are on the PowerPoint template in detail to achieve P4. The other criteria for this assignment are practical based so will be completed when you are back in school. |
| Week 5 beginning 29 th June | Be able to review sports performance | Assess your own strengths and areas for development in two sports. You need to review your own performance using self-designed observation checklists and have been asked to talk through your observations with a small number of people. You must then complete descriptions of your two strengths and two areas of improvement. |



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| Week 6 beginning 6 th July | Be able to review sports performance | For M3 you need to explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance. For D2 you need to analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance. |
| Week 7 beginning 13 th July | Resubmissions | Act upon the feedback provided from Mr Mountain and obtain the highest grade possible (always aim one grade higher than your target) |