

 **Student name:**

 **Teacher name: Karl Edwards**

**Practical Sports Performance**

**2023/2024-**

**Hand in printed off first Sport lesson with Karl**

**BTEC National Certificate in Sport Coaching**

Unit 7 (Practical Sports Performance)

**Initial Assignment**

(Pre-course tasks)

**Background to this unit…..**

Unit 7 is a practical sports performance unit that requires you to have both an individual and team sport that you can perform to a high standard in both practice and competitive situations.

For context, this would be a sport that you have achieved a high mark in at GCSE PE, or regularly participate in competitively at club and/or school team level.

- **In the space on the templates below, identify both an individual and team sport for yourself using the guidance provided above.**

**- Identify 3 skills from each sport and analyse your performance of them in a recent competitive match, game or competition. Do this by explaining what was good about the way you performed the skill and the impact that then had on your own or the team's performance.**

**Type your name here -**

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| --- |
| **Team Sport -**  |
| **Describe your experience in this sport in the space provided here -**  |
| **Skill**  | **Analysis (Explain strengths and link to impact on performance)** |
| **1.** |  |
| **2.** |  |
| **3.** |  |

|  |
| --- |
| **Individual Sport -**  |
| **Describe your experience in this sport in the space provided here -**  |
| **Skill**  | **Analysis (Explain strengths and link to impact on performance)** |
| **1.** |  |
| **2.** |  |
| **3.** |  |