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| **KEY PROCESS C - EVALUATION OF PERFORMANCE** | |
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| **GUIDANCE NOTES** | |
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| What are your strengths? | This can be the skills in your activity, according to the AQA criteria. |
| e.g Passing, Receiving, Tackling, Dribbling, Shooting |
| OR |
| An area of physical fitness. |
| e.g Strength, CV Endurance, Speed, Power, Flexibility |
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| Choose at least 2 and make sure you explain why it is a strength and how it allows you to perform well. |
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| What are your weaknesses? | This can be the skills in your activity, according to the AQA criteria. |
| e.g Passing, Receiving, Tackling, Dribbling, Shooting |
| OR |
| An area of physical fitness. |
| e.g Strength, CV Endurance, Speed, Power, Flexibility |
|  |
| Choose at least 2 and make sure you explain why it is a weakness and how it affects your performance. |
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| Priority for improvement? | Choose one of your weaknesses that you are going to focus on improving. |
| IT MUST BE ONE YOU IDENTIFIED IN THE PREVIOUS SECTION |
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| it is easier to describe a method of improving physical fitness than a specific skill. |
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| Explain why you have chosen this weakness - how will it allow you to improve your whole performance? |
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| How will you improve it? | You need to describe a basic training programme, including: |
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| Specificity - Method of Training & Training Zones |
| Progression - how will you ensure this? |
| Overload (FIT) - how will you apply this to your method of training? |
| Reversibility - how will you avoid this? |
| Tedium - how will you avoid this? |
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| How will you measure whether you have improved? | Describe a standard test that you can… |
| …perform at the start of your training to measure initial fitness level. |
| …use during and at the end of your training to assess fitness progress. |