**Faculty of Physical Education and Health**

**Achievement Standard**: 90967 version 3 – Demonstrate strategies to improve the performance of a physical activity and describe the outcomes.

**Check point 1 – This task will set you up for your assessment that you will be working on for the rest of this term. It is important that you complete the task to the best of your ability.**

**This check point is due:**

Choose relevant strategies to improve your performance in futsal.

One strategy will be **Knowledge of technique.**

The other will be practice, which could include but not subject to:

* Quality of practice
* Type of practice
* Amount of practice

**Strategy 1: Knowledge of technique**

|  |  |
| --- | --- |
| **Knowledge of technique** | **Which technique are you going to try and improve and why?** |

**Strategy 2: Practice**

|  |  |
| --- | --- |
| **Practice** | **How is practice going to improve your performance and why?** |

