

**School of Sport and Recreation**

**Department of Coaching, Health and Physical Education**

**Constraints Practical**

Use the following observation sheet to record your thoughts after each activity

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| INDIVIDUAL CONSTRAINTS |

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| Piggy in the Middle | | |
| What - did you observe/experience with Piggys of different height? | So, what - did this mean for the throwers? Piggys? What did you notice? | Now what - do you understand about how individual constraints may influence/impact learning or performance? |

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| ENVIRONMENTAL CONSTRAINTS |

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| Shuttle-Cock Activity | | |
| What - did you experience in the different environments? | So, What - how did this influence what you did to ensure you still had success? | Now What - what might we need to consider about future learning environments? |

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| TASK CONSTRAINTS |

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| Scoring goals for ‘point value’ activity | | |
| What - did you observe in the first game when the only scoring option was the middle goal? | So what - was there any difference in what you observed when there was more scoring options? Why do you think this was? | Now what - suggest how you think manipulating the task can influence movement |

 