**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 2 – This task has been taken directly from your assessment task. It is important that you complete this task to the best of your ability as this will count towards your final grade.**

**Copy the following template into your notebook – Place in the tab – student assessment. Your teacher may have already created the template for you.**

**Task**

This part of the task will give you an opportunity to reflect on the strategies that you have selected to use to improve your performance in the game of futsal.

**First strategy used: Knowledge of Technique**

**Prompts**

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| **What are you doing:** |
| **Why are you using this and do you think it will help improve overall improvement:** |
| **Is it working:** |
| **How do you know (think about the positives and/or negatives):** |
| **What will you do next and why:** |

