

**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? |

 