**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 3 – 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.**

**Answer the following questions after you have completed all of your futsal sessions.**

**Technique**

1. Explain how your chosen technique (knowledge of technique) improved as you worked through the futsal unit. Make sure that you give specific examples of how your skill improved and why it improved.
2. Explain why your chosen technique improved as you worked through the futsal unit. Make sure that you give specific examples of how your skill improved and why it improved.
3. Did your technique improve as much as you hoped? why/why not Back up your answer with specific examples.

**Strategy**

1. Explain how you applied your strategy to improve your performance in futsal. Make sure that you give specific examples of how you used your strategy to improve your performance.
2. Explain why you applied your strategy to improve your performance in futsal. Make sure that you give specific examples of how you used your strategy to improve your performance.
3. Did your strategy work as well as you hoped to improve your performance?   
   why/why not Back up your answer with specific examples.  
     
   