Note: AS 90967 requires students to select strategies to improve the performance of a physical activity.

One must be ‘Knowledge of technique’. The clarification document states students must ‘select a technique that relates to the basic movements of the physical activity eg. subroutines of a skill’. In relation to the constraints approach it is not recommended that isolated skills be broken down into sub-routines or ideal performance, however allowing students to discover movements that allow them to improve. This should not be confused with knowledge of tactics and strategies.

The constraints approach will link nicely with the concept of ‘Practice’ to improve the outcome of the selected skill. This could be the second strategy that students select.

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| **Focus of practical** | **Futsal /Football** | **European Handball** |
| **Technique focus:** the practical sessions will use environmental and task constraints to encourage students to improve outcomes of their chosen skill  |
| **Dribbling** : ie control, confidence, speed, both feet/hands |  |  |
| **Passing** : ie accuracy, type |  |  |
| **Shooting** : ie accuracy, type |  |  |
| **Receiving** : ie control, confidence, both hands/feet |  |  |
| **Tackling** : ie control / timing confidence, both sides of body |  |  |