

**School of Sport and Recreation**

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

**Learning about Learning: Handball Reflections**

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| **Student Instructions**: You will now be starting a skill acquisition programme in the context of European Handball. After playing 2 pre-programme games you will view the video to analyse strengths and weaknesses against the game play rubric. This may help guide the focus of the practice sessions you take part in.You will be required to explain ‘strategies’ that you will be applying with the intention of improving your learning and performance in handball. |

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| **Strategies**: You will be applying strategies from the following areas:* Knowledge of Technique
* Quality of Practice

**Knowledge of Technique:**Choose from: * Variable Practice
* Experimentation
* Learning through Observation

**Quality of Practice**:Choose from:* Use of Task constraints
* Representative practice design
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| **Strategies**: You will be applying strategies from the following areas:* Knowledge of Technique (Student led)
* Quality of Practice (Teacher led )

**Knowledge of Technique:**Which skill are you going to try and improve and why?What are some strategies you could try and use to do this? |

**Reflection #1:** (to be completed near the start of the European Handball programme)

Due Date:

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What was your ‘Skill’ focus today?

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**Strategy 1. Knowledge of Technique**

**WHAT** strategy did you apply today to work on your chosen skill? Give details of what you did.

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**HOW** did this strategy (above) help improve your technique/s, and your ability to perform this skill? Give specific examples.

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**WHY** do you think this strategy was helpful in improving your ability to perform the skill more efficiently?

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**Strategy 2: Quality of Practice**

**WHAT** strategy did your teacher use today to enhance quality of practice? Give details of what you did.

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**HOW** did this strategy (above) help your learning or quality of practice in European Handball today?  Give specific examples from the session.

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**WHY** was this strategy helpful in improving your ability to perform more efficiently in Handball?

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**Reflection #2:** (to be completed near the end of the European Handball programme)

Due Date:

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| 6 September |

What were you working on improving today?

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**Strategy 1. Knowledge of Technique**

**WHAT** strategy did you apply today to work on your chosen skill? Give details of what you did.

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**HOW** did this strategy (above) help improve your technique/s, and your ability to perform this skill? Give specific examples.

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| *What did it make you able to do?* |

**WHY** do you think this strategy was helpful in improving your ability to perform the skill more efficiently?

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**Strategy 2: Quality of Practice**

**WHAT** strategy did your teacher apply today to enhance quality of practice? Give details of what you did.

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**HOW** did this strategy (above) help your learning or quality of practice in European Handball today?  Give specific examples from the session.

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**WHY** was this strategy helpful in improving your ability to perform more efficiently in Handball?

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**Summative Evaluation –**

(consider both strategies of Knowledge of technique and Quality of practice)

Due Date:

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Make a judgement on whether the application of your **strategies** resulted in your overall improvement in Handball? Why or why not? Give specific examples on how you feel you have ‘learnt or improved’.

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| *Key concepts**you ‘could’ include are: Newell’s Model of learning stages, Degrees of Freedom, Movement variability or adaptability, Perception - Action coupling, Environment driving learning.* |

Would you use these strategy/s again in the future or are there alternative ones you would use or want to try?

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| *Why or why not?* |

 