**Faculty of Physical Education and Health**

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| **Westlake Girls High School** **Level 1** **Physical Education** | **NCEA 1.6** **Learning to Learn** | **Student Number:****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Activity Title:**Demonstrate strategies to improve the performance of a physical activity and describe the outcomes | **Teacher:** (Highlight one) BGR CLV DOD MKZ MYR  |
| Achievement Standard90967 3 CreditVersion 3 | **Reflection 1 Due:** **Reflection 2 Due:** **Summative Evaluation Due:**  |

K= Knowledge of Technique Q= Quality Practice

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| **Achieved** | **K** | **Q** | **Merit** | **K** | **Q** | **Excellence** | **K** | **Q** |
| Student has **demonstrated** strategy. |  |  |  |  |  |  |  |  |
| Student has given characteristics of strategy that influence performance. |  |  |  |  |  |  |  |  |
| Student has described **how** they were applied for performance improvement.  |  |  | Student has explained **how and why** the strategies influenced **performance improvement.****(with examples)** |  |  |  |  |  |
|  |  |  | Student has explained **why** the strategies was used.  |  |  |  |  |  |
|  |  |  |  |  |  | Student has made a **judgement** on **How** well the **application of the strategies** did or did not influence **performance** **improvement.**  |  |  |

Holistic Judgement can be used as evidence from all tasks to assess against standard.

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|  | **NAME** |  |
| Overall Grade |  |  |  |  |
| Teacher Comments |  |

**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
* Representative practice design

**Quality of Practice**:Choose from:* Use of Task constraints
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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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| 30-08-19 |

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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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?*  |

**Appendix : Evidence of Knowledge of Technique Strategy**

Use this page to plan out the sessions where you will be applying a strategy for knowledge of technique

The Skill I have chosen to work on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Knowledge of Technique Session OneStrategy I am using today is : Explain what you will be doing and provide diagrams if required |

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| Knowledge of Technique Session TwoStrategy I am using today is : Explain what you will be doing and provide diagrams if required |

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| Knowledge of Technique Session ThreeStrategy I am using today is : Explain what you will be doing and provide diagrams if required |

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| Knowledge of Technique Session FourStrategy I am using today is : Explain what you will be doing and provide diagrams if required |

 