

**School of Sport and Recreation**

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

**Unpacking expectations of the assessment task**

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| Knowledge of Technique  Make sure you name the ‘skill’ you were working on developing  What  Name the strategy you used   * Experimentation * Variable practice * Observational learning * Representative task design   Explain ‘what’ you did to apply this. What did it look like, what did you do, what practice activities did you set up?  How - did the strategy help you to develop / improve technique/s for you're skill  Explain how you became more efficient at the skill  eg.   * Improved confidence * Aware of defenders * Looked for space * Got better at timing   Explain how you improved or develop the actual techniques for the skill  eg.   * From jerky / stiff to fluid ad controlled * Increased power, angle, accuracy etc * What your body actually did such as bent legs, extended arms, fast acceleration, * You could bring in your anatomy and biomechanics knowledge here   Why - did the strategy help you to perform the skill more efficiently  Explain more general ideas here around how the strategy helped you be efficient  eg.   * More fluid and controlled (Newell’s model or joint coupling) * You had success when performing it, what is success * You became adaptable to using a ‘range’ of techniques * You became a more variable performer who was conscious of the environment * You feel game ready |

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| Quality of Practice  What  Name the strategy that your teacher used; this is always ‘Use of Task Constraints’.  Explain the different ‘constraints’ the teacher put in place in the activities eg. no dribbling, 4 players, 6 v 4 overlap etc.  How - did task constraints help your learning in Handball  Explain what the task constraints that you explained above helped you to do  eg.   * Encouraged me to look for undefended players to make a purposeful pass * Thought about passing rather than dribbling * Made my team and me spread out to be available * Didn’t always just go for the goal where it was crowded etc   Why - was the strategy helpful in making you efficient in Handball  Explain how the task constraints activities helped you to be an efficient performer  eg.   * Had time to not feel pressured and experiment with a range of techniques / different ways of moving * Got used to reacting to different players, abilities, heights * Encouraged me to take risks * Made me adaptable to the changing conditions or environments etc |

