

**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 developingWhatName 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 skillExplain how you became more efficient at the skilleg.* Improved confidence
* Aware of defenders
* Looked for space
* Got better at timing

Explain how you improved or develop the actual techniques for the skilleg.* 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 efficientlyExplain more general ideas here around how the strategy helped you be efficienteg.* 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 PracticeWhatName 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 HandballExplain what the task constraints that you explained above helped you to doeg.* 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 HandballExplain how the task constraints activities helped you to be an efficient performereg.* 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
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