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| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| Complete the common strengths and weaknesses for skills in my chosen sport |  |  |  |
| Ensure that you use preparation execution, recovery. For the skills phase, as well as outcome. |  |  |  |
| Complete common strengths and weaknesses for tactics. Link this to individual and team tactics. Note the outcome of either completing or not doing the tactic well. |  |  |  |
| Note the common strength and weaknesses of the fitness components in a performance. State the outcome. |  |  |  |
| State the overall effectiveness of the performance. State the main weaknesses of the performance. |  |  |  |
| State the time frame of the training programme (8 weeks) Justify why you have done it for eight weeks. The reasons I’ve done it for 8 weeks is to allow physiological/ and psychological adaptations to take place. Please see screencast. |  |  |  |
| Know the practices that you will use for the sessions. Know how to progress the training sessions. |  |  |  |
| Know how to integrate physiological and psychological elements into the talk. |  |  |  |
| Know Newton’s three laws. Be able to describe Newton’s three laws. |  |  |  |
| Have sporting examples of the three laws |  |  |  |
|  |  |  |  |

**Weekly Task sheet 17**

1. Complete a screencast of you verbalising all strengths and weaknesses. Review of the overall performance, main weakness, aim, target, (SMART) test. (Tue/Wed)
2. Complete a screencast with you verbalising your action plan. (Thur/Fri)
3. Complete a screencast that outlines the Physiological and Psychological elements. (Basic = short and long term adaptations.) Detailed integrates more components into the training programme. (Thur/Fri)
4. **Complete the screencast on biomechanics with notes and bring to lesson. (Mon/Tue)**