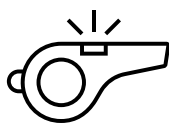


Name :



Doodle RAG sheets – R185 Leadership

Self-Assessment in red pen.

Teacher feedback in green.

Topic Area 1 – Key Components of Performance

Practical Assessment –



Topic Area 1	R	A	G
<i>Performance of skills in selected sport 1 (Individual/Team)</i>			
<i>Performance of techniques in selected sport 1 (Individual/Team)</i>			
<i>Performance of skills in selected sport 2 (Individual/Team)</i>			
<i>Performance of techniques in selected sport 2 (Individual/Team)</i>			
<i>Appropriate use of tactics/strategies/compositional ideas/creativity in performance in selected sport 1</i>			
<i>Appropriate use of tactics/strategies/compositional ideas/creativity in performance in selected sport 2</i>			
<i>Knowledge of tactics/strategies/compositional ideas/creativity in performance in selected sport 1</i>			
<i>Knowledge of tactics/strategies/compositional ideas/creativity in performance in selected sport 2</i>			
<i>Use of decision-making during performance in selected sport 1</i>			
<i>Use of decision-making during performance in selected sport 2</i>			
<i>Ability to maintain/manage performance in (individual) selected sport.</i>			
<i>Awareness of role/contribution to (team) selected sport</i>			

Marking Criteria		
Task 1 – Topic Area 1: Key components of performance		
Chosen activity:		
For team activities:		
MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks
<p>Demonstrates limited application of skills and techniques as a team performer in a sporting activity.</p> <p>Creativity, use of tactics/strategies/compositional ideas and decision-making shows limited accuracy and fluency.</p> <p>Limited awareness of role within the team/ contribution and communication with the team.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>Demonstrates sound application of skills and techniques as a team performer in a sporting activity.</p> <p>Creativity, use of tactics/strategies/compositional ideas and decision-making shows some accuracy and fluency.</p> <p>Some awareness of role within the team/ contribution and communication with the team.</p> <p style="text-align: right;">[5 6 7 8 9 10]</p>	<p>Demonstrates comprehensive application of skills and techniques as a team performer in a sporting activity.</p> <p>Creativity, use of tactics/strategies/compositional ideas and decision-making shows accuracy and fluency on most occasions.</p> <p>Clear and well-developed awareness of role within the team/ contribution and communication with the team.</p> <p style="text-align: right;">[11 12 13 14]</p>

Marking Criteria		
Task 1 – Topic Area 1: Key components of performance		
Chosen activity:		
For team activities:		
MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks
<p>Demonstrates limited application of skills and techniques as a team performer in a sporting activity.</p> <p>Creativity, use of tactics/strategies/compositional ideas and decision-making shows limited accuracy and fluency.</p> <p>Limited awareness of role within the team/ contribution and communication with the team.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>Demonstrates sound application of skills and techniques as a team performer in a sporting activity.</p> <p>Creativity, use of tactics/strategies/compositional ideas and decision-making shows some accuracy and fluency.</p> <p>Some awareness of role within the team/ contribution and communication with the team.</p> <p style="text-align: right;">[5 6 7 8 9 10]</p>	<p>Demonstrates comprehensive application of skills and techniques as a team performer in a sporting activity.</p> <p>Creativity, use of tactics/strategies/compositional ideas and decision-making shows accuracy and fluency on most occasions.</p> <p>Clear and well-developed awareness of role within the team/ contribution and communication with the team.</p> <p style="text-align: right;">[11 12 13 14]</p>

What went well	Even better if	Completion by

Topic Area 2 – Applying Practice Methods to Support Improvement In a Sporting activity



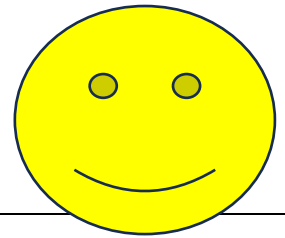
Review of your performance – 6 week plan skill development

Topic Area 2	R	A	G
<i>Ability to identify key skills of activity</i>			
<i>Ability to identify the different skill classifications</i>			
<i>Ability to assess strengths of skills & techniques, tactics & strategies, and compositional ideas</i>			
<i>Ability to assess weaknesses of skills & techniques, tactics & strategies, and compositional ideas</i>			
<i>Ability to identify differed types of progressive practices and drills</i>			
<i>Altering the context of your performance</i>			
<i>Analysis performance via video</i>			
<i>Assessing performance via trackers (logbook)</i>			
<i>Monitoring competition results</i>			

Marking Criteria		
Task 2 – Topic Area 2: Applying practice methods to support improvement in a sporting activity		
MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks
<p>The review of their performance is basic.</p> <p>Outlines strengths and weaknesses, with limited explanation.</p> <p>The application of practice methods is basic and addresses in a limited way the weaknesses where improvement is needed.</p> <p>[1 2 3 4]</p>	<p>The review of their performance is sound in some aspects.</p> <p>Describes strengths and weaknesses with some explanation and justification.</p> <p>The application of practice methods is sound and adequately addresses the weaknesses where improvement is needed.</p> <p>[5 6 7 8 9 10]</p>	<p>The review of their performance is detailed in most aspects.</p> <p>Comprehensively describes the strengths and weaknesses with in-depth analysis and justification.</p> <p>The application of practice methods is considered and comprehensively addresses the weaknesses where improvement is needed.</p> <p>[11 12 13 14]</p>

What Went Well	Even Better If	Completion by

Topic Area 3 – Performance and Leadership in Sport Activities



Risk Assessment and Session Plan

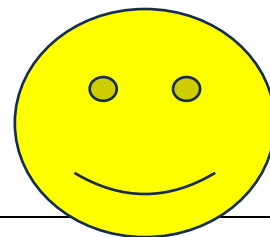
Topic Area 3	R	A	G
<i>Appropriate venue considering location, size, weather</i>			
<i>Appropriate equipment inc. amount required, type, colour etc.</i>			
<i>Supervision needs (participants, coaches, spectators, teachers) – size of groups</i>			
<i>Timings – for activities, relates to age range, experience size of groups</i>			
<i>Appropriate Contingency plan, relevant to original session</i>			
<i>Introduction and conclusion to session (how, where, when)</i>			
<i>Clear learning objectives relatable to the session content</i>			
<i>Basic warm up/cool down (relevant to session/activity)</i>			
<i>Skill and technique development – direct links to objectives and clear progressions</i>			
<i>Organisation/diagrams of each segment of the plan (size of areas, group sizes, length etc.)</i>			
<i>Adaptability to make session easier/harder for chosen drills</i>			
<i>An overall engaging session appropriate to age/ability level</i>			
<i>Risk assessment with appropriate corrective actions in detail (e.g. reporting faulty equipment)</i>			
<i>Emergency procedures summarise what to do in the event of an accident or emergency (post – risk assessment)</i>			

Marking Criteria		
Task 3 – Topic Area 3: Organising and planning a sports activity session		
MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks
<p>Creates a basic plan which considers a limited number of requirements for an effective and safe sports activity session.</p> <p>Completes a basic risk assessment which considers few of the requirements for a safe sports activity session.</p> <p>[1 2 3 4]</p>	<p>Creates a generally appropriate and sound plan which considers some of the requirements for an effective and safe sports activity session.</p> <p>Completes an appropriate and adequate risk assessment which considers some of the requirements for a safe sports activity session.</p> <p>[5 6 7 8 9 10]</p>	<p>Creates a fully appropriate and comprehensive plan which considers most of the requirements for an effective and safe sports activity session.</p> <p>Completes an appropriate and comprehensive risk assessment which considers most of the requirements for a safe sports activity session.</p> <p>[11 12 13 14]</p>

What Went Well	Even Better If	Completion by

Topic Area 4 – Delivering a Sports Activity

The delivery of your session



Topic Area 4	R	A	G
<i>Overall safe practice over the duration of the whole session</i>			
<i>Organisation of groups and activities dependant on facility, participants, and equipment.</i>			
<i>Appropriate timings/ length of activities for each section</i>			
<i>Overall adaptability and meeting requirements that present itself in session (e.g. making it easier/harder)</i>			
<i>Reliability of running to script and running to timings</i>			
<i>Delivery of activities show the correct skills and techniques with demonstrations, appropriate to the participants</i>			
<i>Delivery style is pro active, reactive, clear and appropriate for the participants</i>			
<i>Communication is critical, use of verbal/non verbal cues / appropriate language relating to sport and skill</i>			
<i>Positioning is considered in relation to group size/ each section of session</i>			
<i>Session is positive, displays enthusaim to chosen sport/skill and overall confidence</i>			
<i>Session is creative in relation to activities and clearly demonstrated/explained.</i>			

Marking Criteria			
Task 4 – Topic Area 4: Leading a sports activity session			
MB1: 1 - 4 marks	MB2: 5 - 10 marks	MB3: 11 - 14 marks	
<p>Follows a plan showing limited flexibility with the approach. Can make adaptations but is dependent on assistance.</p> <p>Demonstrates a limited range of relevant leadership skills and knowledge during a sports activity session.</p> <p>Is dependent on assistance to follow safe practice and to ensure equipment is used safely.</p> <p>Communication skills are limited and use of motivational techniques is hesitant.</p>	<p>Follows a plan and shows a sound ability to be flexible and adapts the plan on some occasions, with some assistance.</p> <p>Demonstrates a range of relevant leadership skills and knowledge during a sports activity session.</p> <p>Follows safe practice and ensures equipment is used safely when assisted.</p> <p>Communication skills are adequate and use of motivational techniques is adequate.</p>	<p>Follows a plan and can adapt it confidently and independently, as required.</p> <p>Confidently demonstrates a wide range of well developed, relevant leadership skills and knowledge during a sports activity session.</p> <p>Independently follows safe practice and ensures equipment is used safely.</p> <p>Communication skills are effective and use of motivational techniques is clear and confident.</p>	<p>[1 2 3 4]</p> <p>[5 6 7 8 9 10]</p> <p>[11 12 13 14]</p>

What Went Well	Even Better If	Completion by

Topic Area 5 – Reviewing your own performance in planning and delivery of a sports activity session.

Written report analysing your session you delivered.



Topic Area 5	R	A	G
<i>Report of analysis considers the positives of the 'planning' detailing suitability of activities/ accounting for differed abilities/ ordering of activities/ amount of equipment</i>			
<i>Report of analysis considers the negatives of the 'planning' detailing suitability of activities/ accounting for differed abilities/ ordering of activities/ amount of equipment</i>			
<i>Report of analysis considers the positives of the 'delivery' detailing time spent on activities, using space effectively, adapting session, positioning for communication</i>			
<i>Report of analysis considers the negatives of the 'delivery' detailing suitability of activities/ accounting for differed abilities/ ordering of activities/ amount of equipment</i>			
<i>Report suggests improvements that could be made for both planning and delivery context</i>			
<i>Opportunities to develop leadership skills are discussed</i>			
<i>Effective summary concludes the text</i>			

Marking Criteria			
Task 5 – Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session			
MB1: 1 - 3 marks	MB2: 4 - 7 marks	MB3: 8 - 10 marks	
<p>Outlines a few areas that went well and did not go well in the planned sports activity session.</p> <p>Briefly outlines a few areas that needed to be adapted in the planned sports activity session. Makes basic suggestions for altering the plan going forward.</p> <p>[1 2 3]</p>	<p>Describes some areas that went well and did not go well in the planned sports activity session.</p> <p>Describes some areas that needed to be adapted in the planned sports activity session. Shows some reflection and analysis when altering the plan.</p> <p>[4 5 6 7]</p>	<p>Comprehensively describes most areas that went well and did not go well in the planned sports activity session.</p> <p>Comprehensively describes all areas that needed to be adapted in the planned sports activity session. Shows detailed analysis when altering the plan, with justified suggestions.</p> <p>[8 9 10]</p>	
Total			

What Went Well	Even Better If	Completion by