The slides have been allocated as:
4 slides for rules, regulations and terminology
3 slides for observation and analysis
4 slides for evaluation
3 slides for planning strategies, tactics and practices
This is likely to vary according to the activity, e.g. trampoline has a lot of terminology, rules of competition and building a routine
Students could include some video of themselves or others e.g. their trampoline routine, or golf shot from different views
Analysis of Performance

Rules/Regulations/Terminology
Trampoline (4 slides)
Observation and analysis – Golf (3 slides)
Evaluation – Basketball (4 slides)
Planning strategies, tactics and practices
Swimming (3 slides)
My Analysis of Performance

- Trampoline
- Golf
- Basketball
- Swimming

Introduction: My name is
Rules, Regulations and Terminology - trampoline

- Regulations for a trampoline competition
- 10 bounce routine = 10 Contacts with the bed
- Two routines both of 10 bounces
- Compulsory – set by organisers
- Voluntary – competitors make up their own
- Hand in voluntary and tariff
- Perform - Judges allocate marks
- Tariff added to performers score for voluntary
- No tariff for compulsory
Judging

- Judges mark each move
- Quality, travel, caste and gain
- Judges give score to recorder
- Mark for compulsory recorded
- Same for voluntary but tariff added to score
- Routine – example (travel)
- [http://www.youtube.com/watch?v=pgx5sF9zhHw](http://www.youtube.com/watch?v=pgx5sF9zhHw)
Routine

• 10 bounce routine
• Each move has a tariff
• Each ¼ revolution around horizontal axis = 0.1
• Each ½ turn around vertical axis = 0.1
• Examples in my routine (could show video)
• ½ twist = 0.1 & full twist = 0.2
Terminology – moves in my routine

- Front drop: 0.1 to front and 0.1 back to feet
- Back drop 0.1 to back and 0.1 back to feet

Explain more complicated tariffs
- $\frac{1}{2}$ and full turntable and cradle - tariff
- Seat drop – swivel hips - tariff
- Front somersault tucked = 0.5 pike 0.6
- Back somersault – tucked 0.5 pike 0.6
- Barani = 0.6
Observe & analyse golf

• Importance of view
• What to look for from each view
• Front = dangerous
• Back of the player you cannot see anything
• Facing – grip, stance, takeaway, swing
• Follow through, finish
• Behind – Aim, line of swing, hips, finish

Props available, clubs and ball (tee peg)
Analysis Facing

Facing – grip, stance, head, takeaway, swing
Analysis behind

Aim

Behind – Aim, line of swing, hips, head, finish
Evaluation - Basketball

- Our Team 14 points
- Qualitative analysis shows
- Defence = Man to man
- Offence = 2:2:1
- Good fast break
- Our player 5 has a good lay-up shot (left handed)
- We don’t rebound well
Evaluation - Basketball

- Opponents 16 points
- Qualitative analysis shows
- Defence = 1:2:2 zone
- Offence – 2:1:2
- Two tall forwards
- Quick guards
- Play fast break
- Screens against our man to man
Evaluation - Basketball

Our Team Quantitative analysis shooting

Explain

Our Team

Opponents
Evaluation - Basketball

Opponents Quantitative analysis shooting

Explain

Our Team  

Opponents
Planning Practices
Swimming 100m Freestyle

• Explain points on a screen capture and/or video
• Body position, legs, arms, breathing, timing
• Skill practices
• Body position – Freestyle – would normally be front crawl
• Legs – using a board work on kick from the hips no bent legs
• Show screen capture/photo/diagram
• Compare with perfect model – video clip
Planning Practices, Tactics and Strategies
Swimming 100m Freestyle

• Skill practices
• Arms – work on pulling backwards & push
• High elbow recovery
• Breathing – turn head not lift it
• Timing – breathing and arm action
• Strokes per length/time per 25m length
• Compared with perfect model – video clip
Tactics & Strategies for 100 metres freestyle

- Fitness
- Endurance – continuous training
- Speed – interval training
- Flexibility - stretching / Yoga
- Land condition - exercises
- Planning tactics
- Setting target time for each 25m length
- Practicing hitting these time
The End