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| <b>Unit title</b>        | Practical Individual Sport Performance |
| <b>Unit level</b>        | Three                                  |
| <b>Unit credit value</b> | 3                                      |
| <b>Unit code</b>         | WNI847                                 |
| <b>Unit type</b>         | Academic Subject Content               |
| <b>Unit review date</b>  | 31/12/2028                             |
| <b>Graded/Ungraded</b>   | Graded                                 |

**This unit has 3 learning outcomes:**

| LEARNING OUTCOMES   | ASSESSMENT CRITERIA   |
|---|---|
| <b>The learner will:</b>  | <b>The learner can:</b>   |
| 1. Understand the skills, techniques and tactics required in two different Individual sports.                             | 1.1 Describe the skills, techniques and tactics required in two different Individual sports.  |
| 2. Apply the skills, techniques and tactics used in two different Individual sports.                                      | 2.1 Demonstrate in isolated practices the appropriate combination of skills, techniques, and tactics from two different Individual sports.<br><br>2.2 Demonstrate in condition practices the appropriate combination of skills, techniques, and tactics from two different Individual sports.<br><br>2.3 Demonstrate in a competitive situation the appropriate combination of skills, techniques, and tactics for two different Individual sports. |
| 3. Evaluate own performance in demonstrating the skills, techniques and tactics used in one Individual sport performance. | 3.1 Analyse own performance to reflect strengths and areas for improvement in one of your selected Individual sports using feedback from others and different assessment methods.   |

## Assessment (Graded)

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|---|---|
| 1. Meets assessment criteria  | At least a Pass                             |
| 2. Further grading  |   |
| <ul style="list-style-type: none"> <li>▪ Meets assessment criteria but not merit grading standards</li> <li>▪ Meets assessment criteria and merit but not distinction grading standards</li> <li>▪ Meets assessment criteria and distinction grading standards</li> </ul> | <p>Pass</p> <p>Merit</p> <p>Distinction</p> |

## Indicative content

The following content is to be included in the delivery of the unit.

| Learning outcomes                                | Indicative content   |
|--|--|
| 1 – Skills techniques and tactics                | <p><b>Individual sports:</b> eg cross country, golf, gymnastics, judo, archery, cycling, swimming, trampolining, badminton, tennis, squash, table tennis, boccia, wheelchair tennis</p> <p><b>Skills and techniques:</b> required to perform the selected sport effectively, eg take-off, landing, grip, swing, throwing execution, attacking shots, defensive shots, serves, footwork, rotation, turns.</p> <p><b>Tactics:</b> relevant to the selected sport, eg offence/attacking, defence, movement, communication, phases of play</p>   |
| 2- Apply Skills techniques and tactics           | <p><b>Isolated practices:</b> skills and techniques demonstrated independently without any pressure or external forces, completed successfully and without fault. For example, start drills: Focusing on the start technique, including block starts and reaction time off the line.</p> <p><b>Conditioned practice:</b> for example, Serve and volley drills for tennis: Practising serving followed by immediately moving to the net to volley, focusing on aggressive play and quick reactions.</p> <p><b>Competitive situations:</b> e.g. full-sided matches, under NGB rules/laws with match officials and appropriate opposition</p> |
| 3- Evaluate own performance in demonstrating the | <p><b>Assessment Methods:</b><br/>SWOT (strengths, weaknesses, opportunities, threats) analysis, performance profiling.</p>  |

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| <p>skills, techniques and tactics used in one team sport performance</p> | <ul style="list-style-type: none"> <li>• Use of technology (e.g. Dartfish®, video recordings).</li> <li>• Testing.</li> <li>• Interviews.</li> <li>• Observations (peer and assessor)</li> <li>• Objective performance data</li> </ul> <p><b>Review:</b> Using the selected assessment methods, review the performance:</p> <ul style="list-style-type: none"> <li>• strengths and areas for improvement: skills and techniques, tactics, effectiveness of decision making.</li> </ul> |
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## Indicative content

The following content is to be included in the assessment of the unit.

| Learning outcomes   | Indicative content  |
|---|---|
| <p>1. Understand the skills, techniques and tactics required in two contrasting team sports</p> | <p>Learners must describe a range of skills, techniques and tactics required in two different Individual sports for example:</p> <ul style="list-style-type: none"> <li>• cross-country</li> <li>• golf</li> <li>• gymnastics</li> <li>• judo</li> <li>• archery</li> <li>• cycling</li> <li>• swimming</li> <li>• trampolining</li> <li>• badminton</li> <li>• tennis</li> <li>• squash</li> <li>• table tennis</li> <li>• boccia</li> <li>• wheelchair tennis</li> </ul> <p>Learners are anticipated to select sports in which they excel or have a particular interest. However, their choices may also be influenced by the availability of facilities and resources.</p> <p>For each chosen sport, learners must describe the skills and techniques that are used for example:</p> <ul style="list-style-type: none"> <li>• take-off</li> <li>• landing</li> </ul> |

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|---|--|
|   | <ul style="list-style-type: none"> <li>• grip</li> <li>• swing</li> <li>• throwing execution</li> <li>• attacking/defensive shots</li> <li>• serves</li> <li>• receiving</li> <li>• turning</li> <li>• footwork</li> <li>• dodging</li> <li>• creating space.</li> </ul> <p>Learners must also describe the tactics that could be used within the chosen sports for example:</p> <ul style="list-style-type: none"> <li>• offence/attacking</li> <li>• defence</li> <li>• set plays</li> <li>• team formations</li> <li>• movement</li> <li>• phases of play.</li> </ul> <p>The skills, techniques and tactics will depend on the sports that have been chosen</p> |
| <p>2. Apply the skills, techniques and tactics used in two different Individual sports</p>                                      | <p>Demonstrations to take place: isolated practices, conditioned practices and competitive situations.</p> <p>Learners must demonstrate skills, techniques and tactics used at appropriate times in two different Individual sports.</p> <p>Assessors must complete an observation report which must be supported by evidence such as video or annotated photographs.</p>  |
| <p>3. Evaluate own performance in demonstrating the skills, techniques and tactics used in one Individual sport performance</p> | <p>Learners must undertake a self-analysis of performance in one of their selected Individual sports, using a <b>minimum of two different methods</b> of assessment, identifying strengths and areas for improvement.</p> <p>The learner could use objective performance data, subjective observations, and technology for example.</p> <ul style="list-style-type: none"> <li>• Dartfish,</li> <li>• Coach’s Eye,</li> <li>• mobile apps,</li> <li>• SWOT (strengths, weakness, opportunities, threats) analysis,</li> </ul>  |

- interviews,
- performance profiling.
- Observations (Peer and Assessor)

Following the self-assessment, learners must identify their strengths and areas for improvement and produce a development plan.

The development plan must include SMART targets. The development plan must also provide information on how they could develop within the sport for example training, courses, qualifications.

### Assessment methodology

The following assessment methods are suggested for the assessment of this unit.

- Report
- Practical Session
- Tutor observations
- Video analysis

**Please Note:**

All practical sessions must be recorded and supported by an Assessor observation record and be presented when called for by the moderator.