

Unit title	Practical Team Sport Performance
Unit level	Three
Unit credit value	3
Unit code	WNI848
Unit type	Academic Subject Content
Unit review date	31/12/2028
Graded/Ungraded	Graded

This unit has 3 learning outcomes:

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

Assessment (Graded)

1. Meets assessment criteria	At least a Pass
2. Further grading	
<ul style="list-style-type: none"> ▪ Meets assessment criteria but not merit grading standards ▪ Meets assessment criteria and merit but not distinction grading standards ▪ Meets assessment criteria and distinction grading standards 	<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>Team sports: eg association football, basketball, cricket, hockey, netball, rugby union, rugby league, rounders, volleyball, lacrosse, adapted team sports, wheelchair rugby, wheelchair basketball, goalball</p> <p>Skills and techniques: required to perform effectively, eg passing, throwing, receiving, catching, shooting, movement, turning, intercepting, tackling, footwork, marking, dodging, creating space</p> <p>Tactics: relevant to the selected sport, eg offence/attacking, defence, set-plays, team formations, movement, communication, phases of play, decision making, environmental conditions</p>
2- Apply Skills techniques and tactics	<p>Isolated practices: skills and techniques demonstrated independently without any pressure or external forces, completed successfully and without fault.</p> <p>Conditioned practice: e.g. small-sided games, a limited number of touches, a set number of defenders or attackers.</p> <p>Competitive situations: e.g. full-sided games, under NGB rules/laws with match officials and appropriate opposition</p>
3- Evaluate own performance in demonstrating the	<p>Assessment Methods: SWOT (strengths, weaknesses, opportunities, threats) analysis, performance profiling.</p>

<p>skills, techniques and tactics used in one team sport performance</p>	<ul style="list-style-type: none"> • Use of technology (e.g. Dartfish®, video recordings). • Testing. • Interviews. • Observations (Peer and Assessor) • Objective performance data <p>Review: Using the selected assessment methods, review the performance:</p> <ul style="list-style-type: none"> • strengths and areas for improvement: skills and techniques, tactics, effectiveness of decision making.
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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 2 different team sports for example:</p> <ul style="list-style-type: none"> • football • basketball • cricket • hockey • netball • rugby union • rugby league • rounders • volleyball • lacrosse • adapted team sports • wheelchair rugby • wheelchair basketball • goalball. <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"> • passing • throwing • receiving

	<ul style="list-style-type: none"> • catching • shooting • movement • turning • intercepting • tackling • footwork • marking • dodging • creating space. <p>Learners must also describe the tactics that could be used within the chosen sports for example:</p> <ul style="list-style-type: none"> • offence/attacking • defence • set plays • team formations • movement • communication • phases of play. <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 team 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 team 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 team sport performance</p>	<p>Learners must undertake a self-analysis of performance in one of their selected team sports, using a minimum of two different methods 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"> • Dartfish, • Coach’s Eye, • mobile apps,

- SWOT (strengths, weakness, opportunities, threats) analysis,
- 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.