

Unit 1 Task Sheet 4

AC4.1: Analyse and review the performance data.

AC 4.2: Review options for improvements in performance.

Scenario: Your PE teacher has asked you to gather performance data for a sports performer. You will then analyse and review this data and produce a performance plan for the sports performer.

Task 1

Gather data relating to the physiological, psychological and technical and tactical performance of a sports performer. This could be a classmate, team mate or fellow competitor.

You should use a range of data collection methods that could include fitness tests, health tests, a food diaries, BMI analysis, a health questionnaire, interviews, observational analysis or video analysis to cover the different aspects of performance.

Task 2

Review and analyse the data collected in relation to the sports performer's physiological, psychological and technical and tactical performance.

Task 3

Produce a performance plan for the sports performer that will lead to improvements in their physiological, psychological, technical and tactical performance.

Task 4

Explain why you have selected the strategies included in your performance plan to improve the physiological, psychological and technical and tactical performance of the sports performer.