

Year 11 – 12 Bridging Work

Physical Education

Tasks:

1. To watch 3 different live or recorded performances of 3 different sports these can be team or individual activities (at least 15 minutes long)
2. To make notes during the performance on the evaluation sheet provided below
3. To write up your best evaluation sheet into continuous prose in preparation for your Evaluation and Analysis of Performance for Improvement (EAPI) oral exam.
4. Make a mind map to link all of the topics that you have studied in GCSE Sport Science to the performance that you have observed.
5. Record your own performance of your selected practical activity in the full version of the activity (game or performance)

Evaluation and Analysis of Performance for Improvement (EAPI)

<p>The quality and range of the acquired and developed skills being performed – <i>name the skills and explain why you think they are of high quality.</i></p>	
<p>The appropriateness and level of success of the selection and application of skills, strategies and tactics/compositional ideas – <i>how do you know they were successful? Explain how the application improved an individual performance, team performance or affected the opposition.</i></p>	
<p>The understanding and awareness shown by the performer during performance – <i>at what stage do you think the performer is and how do you know?</i></p>	
<p>The use of physical attributes during performance such as physical fitness and psychological control – <i>identify the fitness components which were used and where. Is there evidence of a psychological approach / impact?</i></p>	
<p>The overall effectiveness and success of the performance – <i>an overall opinion with reasons to support your judgement.</i></p>	
<p>The major area of weakness to prioritise for improvement – <i>this is key – identify a skill or a fitness component which needs to</i></p>	

*be improved – what is it and
how might you improve it?*