



### PERFORMANCE ANALYSIS

Before assessing performance you need to know what (skills) you are measuring and how you are going to measure them.

**How could you go about assessing the performance of an individual?**

- Statistical data e.g time of a run, height of a jump, no. of successful passes vs no. of unsuccessful passes.
- How many games or competitions are won.
- Judgement on ability/effectiveness of performance e.g scoring performance levels on a checklist.

### METHODS OF ANALYSIS

Observing play to identify strengths and weaknesses.

Observing play and completing a checklist to assess ability.

Taking a video of play and then analyse the performance.

### OBSERVATION CHECKLIST

- An observation checklist is used by many sports coaches and sports performers to generate a picture of a performer/teams performance.
- It is also a useful tool for a performer to identify his/her own strengths and weaknesses.
- Before completing a checklist, the demands of the sport being observed need identifying.



**Subject: Summer 1 Year 8 Physical Education**



**Topic: Technical and Tactical Skills and Analysing Performance**

The demands of a sport can be classified into different components of performance

**TECHNICAL COMPONENTS** (e.g passing, shooting)

**TACTICAL COMPONENTS** (e.g attacking, defending)



**Badminton**



Technical Components	Tactical Components
Overhead Clear	Understanding the rules
Smash Shot	Positioning
Drop Shot	Choice of Shot
Serve	Shot aim
Correct Grip	Spatial Awareness

Technical Components	Tactical Components
Over Arm Throw	Positioning of fielders
Bowling	Directing hits into space
Forehand hit	Varying bowls/spin
Backhand hit	Type of hit
Under Arm Throw	Batting order

**ASSESSMENT**

For your end of unit (half term) assessment, you will be required to complete Technical and Tactical Skills and Analysing Performance test (20 multiple choice questions).