



# St Paul's Catholic School

## Level 3 Cambridge Technical Extended Certificate In Sport and Physical Activity

### Sport Science Transition Work

#### Task 1 Task

Research the differences in Styles of Alex Mikel Arteta.

You will need

linked



#### Research

similarities and the Coaching Ferguson and

to discuss:

- 1) Personality to their coaching style

- 2) Player/Staff management and tactical awareness
- 3) What motivational techniques they use
- 4) How they are off the pitch, at the training ground and then immediately before a game.
- 5) Discuss who you think is a better coach

You can use documentaries from You Tube, Amazon Prime and Netflix. Further to this use blogs and reports from the internet.

Ensure you write down and keep a list of the references you use.

## Task 2 Analysis of Sport

### **Objective:**

- Analyse and critically evaluate a sports performance.

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**DEADLINE:**

- **The first PE lesson of the year.**

**TASK:**

- Choose **ONE** of the links below to base your analysis and evaluation on. You may watch the sports clip as many times as you wish.

<https://www.youtube.com/watch?v=L8JfMVOc774> – Football

[https://www.youtube.com/watch?v=gySTokuJw\\_U](https://www.youtube.com/watch?v=gySTokuJw_U) – Netball

<https://www.youtube.com/watch?v=15ISYTsd9NE> – Swimming

<https://www.youtube.com/watch?v=Blqn3OpXvWA> - Badminton

- Identify 3 strengths and 3 areas for improvement – you must explain why the **6 areas** are important to the performance.
- Choose one of the areas for improvement and justify fully why you have chosen this area.
- Identify the number of sessions, the duration of sessions and the timescale (number of weeks) needed to improve this area.
- Identify and explain how improvement can be measured.
- Evaluate your sessions explaining why you think they will be effective for the athlete's performance.
- Use your theory knowledge when explaining any of the above (keywords).

**ASSESSMENT:**

- You will orally present your analysis and evaluation to the class. This should last at least 10 minutes.
- You may use your notes and whiteboard (to write and draw on) to present your work.