



Developing sports skills learning journey

LO4 – Be able to apply practice methods to support improvement in a sporting activity

Core knowledge	Reference number
Know how to identify strengths and weaknesses in your own performance in a sporting activity.	LO4 – Practice methods slide 1-10
Know the different types of skill e.g. simple, complex, open and closed.	Slide 6-7
Know the different types of practice e.g. whole, part, variable and fixed.	Slide 11
Know the different methods to improve your own performance.	Slide 12
Know how to measure improvement in skills, techniques, and strategies.	Slide 13
Know how to keep a training log to monitor your own improvement.	Slide 14

Learning Checkpoints

LO4 – Be able to apply practice methods to support improvement in a sporting activity.	
Identify strengths and weaknesses in your performance.	Complete student booklet
Identify practices to improve your weaknesses.	Complete student booklet
Complete 3 sessions of the training log.	Individual training log
Complete 6 sessions of the training log.	Individual training log
Complete the LO4 assessment	Written assessment

Key Vocabulary

Skill, technique, transferable, simple skill, complex skill, open skill, closed skill, variable, tactics, strategies, observation, training log