



## Performance and leadership in sports activities (R185)

### TA5: Reviewing your own performance in planning and delivery of a sports activity session

Core knowledge	Reference number
Know the positives in relation to the plan and the delivery of the session.	LO4 - slide 1-7
Know the negatives in relation to the plan and the delivery of the session.	Slide 1-7
Know how to identify and explain what could be improved for the future.	Slide 8-10
Know how to evaluate and give feedback to other students on their sessions.	Slide 8-10

### Learning Checkpoints

LO4 – Be able to evaluate your own performance in delivering a sports activity session	
Evaluate other students' warm-ups and skill practices.	Practical – student feedback
Complete your session evaluation assessment	Written assessment

Key Vocabulary
Evaluate, feedback, communication, leadership skills, organisation, pace, adaptations, engagement, transition