

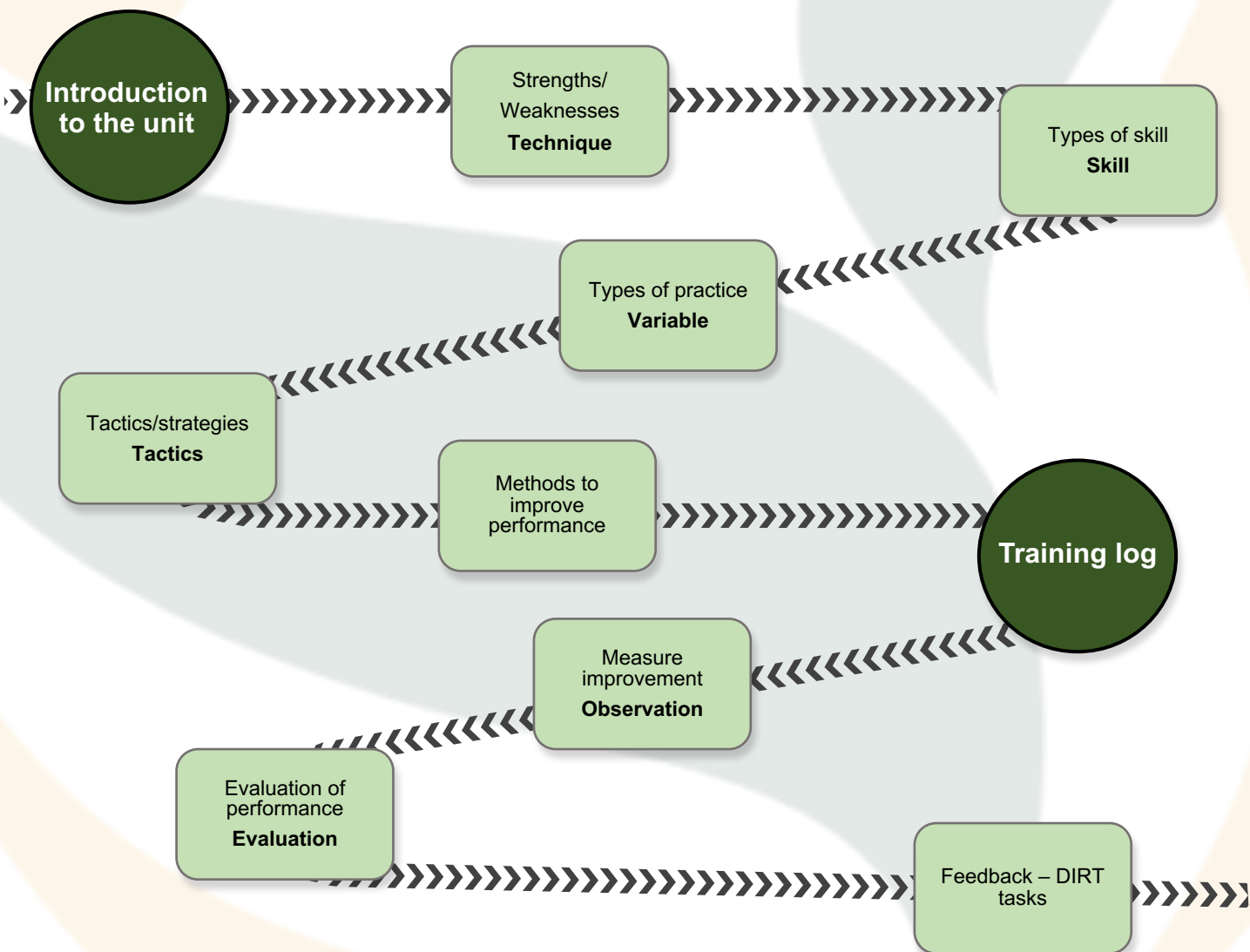
LEARNING JOURNEY

Sport Studies



Performance and leadership Topic area 2: Practice methods

In this unit you will analyse your strengths and weaknesses in your chosen sport. You will then develop your knowledge on the different practice methods that you can use to improve your performance. You will complete a training log to monitor your improvement and then review your performance at the end of the training programme.



TUDOR HABITS AND VALUES: You will focus on a range of Tudor values such as respect, opportunity and unity. You will need to work with other group members and show unity throughout this unit.

VOCABULARY: Technique, skill, simple skill, complex skill, open skill, closed skill, variable practice, tactics, strategies, training log, observation, evaluation