

MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2024

Stage 5: PASS

Teacher: Mrs Cowell

Task Number: 2

Notification Date: Term 2 Week 6 Tuesday 4/6/2024

Weight: 20%

Due Date: Term 2 Week 10 Monday 1/7/2024
to Mrs Cowell by 3:20pm



CASE STUDY

OUTCOMES ASSESSED

PASS5-1 discusses factors that limit and enhance the capacity to move and perform

PASS5-5 demonstrates actions and strategies that contribute to active participation and skilful performance

PASS5-9 performs movement skills with increasing proficiency

TASK DESCRIPTION

Are sporting champions born or made?

There are two parts to this task.

Part A – Player Profile

You are required to research and create a player profile of an elite athlete (past or present). You will explore the skills that they have mastered in their sport and analyse their training regime.

Part B – Performance Analysis

You are required to video or photograph yourself executing a skill or movement sequence that your athlete performs in a game/performance. You will compare your execution of the skill with your chosen athlete and discuss the similarities and differences between them. You will also explain how you could improve the execution of the skill.

TASK INSTRUCTIONS

Part A – Player Profile

Research an elite athlete of your choice and include the following components:

- The sport they play and the level of competition they play at.
- Which fundamental movement skills they have had to master.
- Their sporting accomplishments.
- Have they played any other sports? Do the skills transfer?
- Find an interview/ article and discuss their psychological strategies to training and performances.
- Their nutrition during training and on game day.
- Their training regime/ training drills they have used.
- Were they born or made an elite athlete? Comment on how much of their success has been determined by their natural sporting abilities and/ or their dedication to training.

Part B - Performance Analysis

- Upload a minimum of 2 videos and/or images showing your execution of a skill in your researched sport.
- Include a video or image of your athlete completing the same skill for comparison.
- Compare your video to a professional athlete video - write at least 3 strengths and 3 weakness that you noted in your comparison.

- Discuss how you could improve your performance (e.g. altering body positions, practice techniques or methods).

Your case study can be completed using Microsoft Word or PowerPoint or Google Docs and Slides. You must also include a bibliography of at least 3 relevant sources.

Submission Requirements:

- You must submit your printed task to Mrs Cowell by the due date and time.
- If you require a modification on the due date of this task, speak to the Head Teacher Secondary Studies (Miss Nott).

Teacher's signature:

Mrs R Cowell

Head Teacher's signature:

Ms A Nott

Deputy Principal's signature:

Mrs R Ferguson

MARKING CRITERIA

<ul style="list-style-type: none"> • Case study is completed in a highly detailed manner, including a thorough analysis of the player profile and a comprehensive performance analysis. • Uses multiple, relevant examples to convey meaning. • Uses at least two videos or images to demonstrate execution of skills, compares strength and weaknesses of the performance to that of an elite athlete in that sport in detail, and discusses multiple ways to improve their own performance. • Sophisticated and well-structured presentation that includes a thorough bibliography with at least 3 relevant sources. 	17-20
<ul style="list-style-type: none"> • Case study is completed in a detailed manner, including an analysis of the player profile and a detailed performance analysis. • Uses relevant examples to convey meaning. • Uses at least two videos or images to demonstrate execution of skills, compares strength and weaknesses of the performance to that of an elite athlete in that sport, and discusses how to improve their own performance. • Structured presentation that includes a thorough bibliography with at least 3 relevant sources. 	13-16
<ul style="list-style-type: none"> • Case study is mostly completed, including a description of the player profile and a performance analysis. • Uses relevant examples to convey meaning. • Uses at least two videos or images to demonstrate execution of skills, compares strength and weaknesses of the performance to that of an elite athlete in that sport, and outlines how to improve their own performance. • Presentation that includes a bibliography with at least 3 sources. 	9-12
<ul style="list-style-type: none"> • Case study is incomplete, includes basic description of the player profile and a basic performance analysis. • May use general examples to convey meaning. • Uses a video or image to demonstrate execution of skills, compares strength and weaknesses of the performance to that of an elite athlete in that sport, and provides some ways to improve their own performance. • Incomplete presentation that may include a bibliography. 	5-8
<ul style="list-style-type: none"> • Case study is incomplete, includes limited description of the player profile and may provide a limited performance analysis. • Does not use examples to convey meaning. • Limited demonstration of skill execution, may outline some strength and weaknesses of the performance to that of an elite athlete in that sport, and lists some ways to improve their own performance. • Incomplete presentation that may include a bibliography. 	1-4
<ul style="list-style-type: none"> • Non serious attempt or not submitted. 	0

Feedback:

Teacher signature: _____

Date: _____

Task Mark:	Task Rank:	Cumulative Rank: