

Physical Education

Evaluation and Analysis of Performance for Improvement (EAPI)

Create a grid which must demonstrate the following information; it must include all of the skills that is on your practical sheet, which component of fitness that skill links too, which fitness test may be used to test that component of fitness, what training method would you put into place to help improve that component of fitness and detail two skills task that you would include to help improve the overall skill [one non-competitive – skill in isolation and one competitive task].

Example of the grid:

Netball:

Skill	Component of Fitness	Fitness Test	Training Method	Task 1 Non-Competitive	Task 2 Competitive
Shooting	Power Balance Strength	Balance: Stork Stand Strength: Hand Grip Dynamometer	Circuit Training: 1)Push Ups 2)Ski Jumps 3)Weighted Rows 4)Squats on Balance Ball	<u>Around the World:</u> The shooter places 12 cones in random places inside the shooting circle. The shooter starts at one cone and has to shoot successfully into the hoop. When they shoot successfully the move onto the next cone and repeat. The shooter has to go to all 12 cones. The shooter can time	A player starts with the ball behind the goal line and my performer starts from just behind the line between centre and goal third. My player has an active defender. My player must dodge the opponent and run into the shooting circle to receive the ball. When receiving the ball my player must adhere to the

				<p>themselves completing the whole task – the next time they complete the task they have to beat their original score.</p> <p>Adaptation: if the shooter is finding this easy then a passive defender can be placed in front of them.</p>	<p>footwork rule. When receiving the ball they must take a shot. If they shoot successfully they get a point. If the ball is missed they must try to jump for the rebound and gain possession before their opponent and try again. If the opponent intercepts and catches the ball at any moment they get a point and the task is reset.</p>
Footwork					
Passing – Chest, Shoulder and Bounce					
Passing on the Move/Over Mid Distance					
Dodging					
Rebounds					
Marking					
Ball Handling					
Defence					