

NEA Part 3 – Performance Analysis Assessment (Analysis & Evaluation of Performance)

Planning Sheet 2

Part 1 Analyse yourself or another (15 marks)

Component of Fitness strength (fully justified with reference to two recent performances)

- Name the component of fitness strength
- Give a definition
- Explain why it's important for your sport/position/performance - talk about the **impact** of the COF on your performance
- Give **two** named sporting examples - give details of how your identified strength benefits (positively impacts) your performance

Component of Fitness weakness (fully justified with reference to two recent performances)

- Name the component of fitness that is your weakness
- Give a definition
- Explain why it's important for your sport/position/performance - talk about the impact of the COF on your performance
- Give **two** named sporting examples - give detail relating to the negative **impact** your identified weakness had on your performance

Skill/tactical strength (fully justified with reference to two recent performances)

- Name the skill
- Describe the correct technique for the skill
- Say why it's important for your sport/position/performance
- Why is it your strength?
- Give two named sporting examples – explain how your identified skill strength benefits (positively impacts) your performance

Skill/tactical weakness (fully justified with reference to two recent performances)

- Name the skill
- Describe the correct technique for the skill
- Say why it's important for your sport/position/performance
- Say why it is your weakness... what don't you do? What impact does it have?
- Give two named sporting examples to justify why it is a weakness - explain the negative impact of your identified skill weakness had on your performance