



Subject		Physical Education	
Title/Topic	Format	Length	Week Commencing
Theoretical knowledge	Online test on the forms of guidance, goal-setting and principles of training.	45 minutes	5 June 2023
Practical performance	Ongoing assessment of practical activities; core skills and their application in challenging situations.	On-going	On-going

### This assessment will test my knowledge on...

**Guidance** *a method to convey information to a performer.*

Students should be able to describe each type of guidance, explain what they look like and evaluate the advantages and disadvantages of using the different types of guidance for different types of learner.

- Visual (seeing)
- Verbal (hearing)
- Manual (being physically moved)
- Mechanical (the use of equipment and aids)

Goal-setting (types of goal and the SMART acronym)

Principles of training (SPORT and FIT)



### What should I do to revise and prepare for this assessment?

To prepare for this assessment:

Use the video clips, work book and knowledge task to commit the learning to your long-term memory.

- 1 <https://youtu.be/DAmly5FZIV4>
- 2 [https://youtu.be/r\\_8uoViKQX0](https://youtu.be/r_8uoViKQX0)
- 3 <https://youtu.be/30vWrgzPC50>
- 4 <https://youtu.be/ateGNeC7e-Y>

Use the knowledge booklets for goal-setting and principles of training to support your revision.

### What useful websites/resources could I use to help me prepare?

SatchelOne – Show My Homework