

S3 PHYSICAL EDUCATION

Preparation for National PE

TASK 4

Factor: *Physical Skill*

Sub Factor: Accuracy

INVESTIGATE

- **First**, you need to find out what ACCURACY is. Use google and see what you can find out.

Accuracy is:

INVESTIGATE DATA COLLECTION

From previous tasks, you should now know that the data collection method for Physical Fitness is **STANDARDISED FITNESS TESTS**.

However, this is not the data collection method we use for Physical Skill.

One of the data collection methods for Physical Skill is an **OBSERVATION SCHEDULE** and this is what we will be using to find out how good our throwing accuracy is.

PRACTICAL TASK

How good is your throwing accuracy?

- Set up a target that you can throw into (ie. washing basket, empty box)
- Move back 5 big steps
- Throw a ball of socks, aiming to get the socks into the target you have created
- Repeat 20 times from the same throwing position

Every time you throw, complete the **OBSERVATION SCHEDULE** (shown below) by placing a tally mark in the appropriate box (an example has been done to show how this should look)

EXAMPLE

SUCCESSFUL THROWS	UNSUCCESSFUL THROWS

ANALYSE

- Watch the following clip:

<https://www.youtube.com/watch?v=n-spXyK3uIE>

While you watch, note down when the performer (in red) required good **ACCURACY** to help them be successful. What was the overall impact of this on their performance?

Comment on what they did and how accuracy helped.

DEVELOP

You can improve your accuracy by using the following **DEVELOPMENT APPROACH:**

GRADUAL BUILD UP

TASK

What does a GRADUAL BUILD UP method involve? Use the following link to help you research this.

<https://www.bbc.co.uk/bitesize/guides/zty4wxs/revision/11>

A Gradual Build Up method involves:

Describe two progressive practices that you could do to develop a skill in badminton.

1. _____

2. _____

ASSIGNMENT RETURNS

- Once you have completed the required tasks, submit your responses on your S3 Elective Teams assignment page.
- REMEMBER
- You can choose to write your responses, take a photo and then upload this to the page or you can type your responses and submit this.
- If possible, it would also be good to see any photos/videos of the practical tasks you are able to carry out so please feel free to upload these too.