

## **Practical (G452) E&A oral assessment (G454)**

### Lesson 1

Out of your two practical's you need to pick your strongest. Go onto OCR website, PE, G452 practical. Print the criteria for your sport.

<http://www.ocr.org.uk/Images/82417-unit-g452-teacher-support-coursework-guidance-booklet-2014-15.pdf>

If you are doing athletics (track and field), competitive swimming, road cycling, track cycling, Olympic weight lifting, triathlon, archery, clay pigeon shooting, and water skiing you need to go to support material- performance tables and look at times- this will indicate your max mark. Print this off also.

**Boy's practical deadline:** last lesson before October half term. You need to film and hand in some footage for your sport so we can provide feedback to what you need to include to get a better grade.

### E & A assessment

Out of your two current sports you did for AS you need to pick one you would like to do for your A2 oral assessment. It does not need to be the sport you are doing for your A2 practical. E.g. you did cricket and hockey for AS practical's and for A2 you are doing cricket. You can still do your A2 E & A on hockey. Ideally it needs to be the sport you have strongest knowledge on.

Create a resource pack of:

- Your sport, position/event/stroke etc... - Level you play, how often you train, your achievements, how often you train-who for etc...
- Research initiatives for your sport, funding, media,
- Social class background of your sport-where it originates from.

### Lesson 1,2,3,4

- Technical model of 5 different skills in your sport. (What a professional performer executing the skill would look like). This needs to be a breakdown of what each body part does to execute the skill. (Coaching points of how you would perform that skill) a picture would be useful.
- Identify a list of skills (min of 8)
- Identify types of fitness involved in your sport and position - what are the most important and why? Definitions of them.
- Identify different playing tactics used in your sport and explain them. Diagrams would help.
- Create 5 detailed practices for a range of skills- 6 weeks. Include how long and often they are performed.

A new folder will be required for A2- this information needs to be kept in the folder.

If you are absent then please make sure this work is kept up. This will need to be handed in before you break up for summer holidays.

Mr Demain-Griffiths