



Condobolin High School

Notification of an Assessment Task



NAME & TYPE OF TASK: Mastering a Movement Skill

SUBJECT: PASS

TASK NUMBER: 2

DATE ISSUED: Term 2 Week 6

DATE DUE: Term 2 Week 10 (Monday 21.6.21 at roll call)

TOTAL MARKS: 25

WEIGHTING: 25%

CLASS TEACHER/s: J. Stevens

HEAD TEACHER: J. Borsovszky

Submission Instructions – Assessment to be submitted at assembly on the above date

Syllabus Content:

- PASS5-5: Demonstrates actions and strategies that contribute to active participation and skillful performance
- PASS5-6: Evaluates the characteristics of participation and quality performance in physical activity and sport
- PASS5-8: Displays management and planning skills to achieve personal and group goals

Task Description:

Students are to plan a 30 minute training session in order to enhance the performance of a specialised movement skill. Students are to pick **one** of the following specialised movement skills, and create a training session that will allow a beginner to be able to successfully perform the skill:

- Cricket bowling
- A tennis serve
- A soccer corner kick
- A basketball jump shot
- A volleyball 'dig'
- A golf swing
- Athletic events such as javelin, high jump, shot put, and or discus
- Any other specialised skills a student would like to complete must be approved by teacher

Students need to break down the whole skill into skill components, and plan a training session which will allow the successful completion of the skill. There is a sample session template attached, which may be used to model the training session for the chosen skill.

In the training session, students should include:

- The aim of each drill/ activity, and how each drill/ activity will contribute to successful completion of the specialised skill.
- The drill/ activity needs to be relevant and appropriate for the skill level of the participant (who is a beginner).
- Specific coaching cues they might provide the participant to enhance the performance of the skill.
- Any safety considerations required for the session.
- There must be a minimum of 3 drills.

Marking Criteria

Aim of each drill/ activity and how it will contribute to successful participation	Mark
<ul style="list-style-type: none"> The aim of each drill is clearly listed, and relevant to the skill 	3
<ul style="list-style-type: none"> Some of the drills have aims clearly listed, and relevant to the skill 	2
<ul style="list-style-type: none"> Some of the drills have aims, however they are not clearly listed or relevant to the skill 	1
<ul style="list-style-type: none"> The aim of each drill is not listed 	0
Session sequencing	
<ul style="list-style-type: none"> The session is very well sequenced and all of the drills are appropriate to progress the skill level of the participants 	9-10
<ul style="list-style-type: none"> The session is well sequenced and most of the drills are appropriate to progress the skill level of the participants 	7-8
<ul style="list-style-type: none"> The session is broken down into drills, and most activities are appropriate to progress the skill level of the participants 	4-6
<ul style="list-style-type: none"> The sessions sequencing needs improvement however some of the activities are appropriate to the skill level of the group 	2-3
<ul style="list-style-type: none"> The sessions sequence needs improvement and activities are not appropriate to the skill level of the group 	0-1
Session participation	
<ul style="list-style-type: none"> The session extensively contributes to active participation and enhances the skills of participants 	4
<ul style="list-style-type: none"> The session thoroughly contributes to active participation and enhances the skills of participants 	3
<ul style="list-style-type: none"> The session contributes to active participation and enhances the skills of participants 	2
<ul style="list-style-type: none"> The session barely contributes to active participation and barely enhances the skills of participants 	1
Coaching cues	
<ul style="list-style-type: none"> Extensive coaching cues are provided for each drill to assist participant with performance 	5
<ul style="list-style-type: none"> Thorough coaching cues are provided for each drill to assist participant with performance 	4
<ul style="list-style-type: none"> Sound coaching cues are provided for each drill to assist participant with performance 	3
<ul style="list-style-type: none"> Basic coaching cues are provided for each drill to assist participant with performance 	1-2
<ul style="list-style-type: none"> No coaching cues are provided 	0
Safety	
<ul style="list-style-type: none"> The student demonstrates an extensive level of understanding of safety of the participants 	3
<ul style="list-style-type: none"> The student demonstrates a thorough level of understanding of safety of the participants 	2
<ul style="list-style-type: none"> The student demonstrates a basic level of understanding of safety of the participants 	1
<ul style="list-style-type: none"> Student demonstrates no level of safety of the participants 	0

Sample training session template for a Volleyball 'dig'

Introduction & warm up (5 minutes):

- Introduction: Coach introduces themselves, and the participants to the skill they are going to learn and when the skill is used.
- Demonstration of whole skill: Coach successfully demonstrates the skill so the participant can see the whole skill executed successfully.
- Warm up: Coach takes participant through a game of Newcombe ball and dynamic stretches.
- *Safety considerations:*
- Session is ideally completed indoors in an area with a high ceiling and non-slip floor. If conducted outdoors participants should be offered a hat/ sunscreen.
- Ensure participants stay adequately hydrated throughout session.

Drill one (2-3 minutes):

- Aim: Practice hand position. The aim is to get participant to demonstrate the correct hand position. The hand position is important to learn as it is a critical component of the skill.
- Drill: Participant throws the ball up in the air to themselves, and then digs the ball back up into the air, and then catches the ball again. Skill is repeated.
- *Coaching cues:*
 - Set your hands together like you're praying, then interlock fingers, but keep your thumbs aligned.
 - Hit from the area between your wrist, and lower knuckle of your thumb.
- Safety considerations:*
 - Ensure thumbs stay aligned, and not crossed over.

Drill two (5-7 minutes):

- Aim: Practice 'digging' the ball as it comes over the net from a height equivalent to a serve.
- Drill: In pairs, stand on separate sides of the net. One person sets (throws) the ball over the net (Easy chest pass toward the ceiling to make a large arc), and the partner then digs the ball straight up into the air, and catches the ball. Partner 2 then throws the ball to partner one, who digs and catches to themselves. Skill is repeated.
- *Coaching cues:*
 - Start with your hands together below your waist, and arms slightly flexed.
 - Keeping your arms slightly flexed, move your arms up toward the ball by moving your arm from the shoulder.
 - Aim to make contact with the ball so that the ball is propelled directly up.
- Safety considerations:*
 - Ensure adequate spacing between pairs.

Drill three (3-5 minutes):

- Aim: Practice 'digging' the ball to a partner. In volleyball, after the ball is served the person receiving the ball 'digs' it to a team mate, so the drill aims to simulate that scenario.
- Drill: Break into teams of 2 and have two teams of players set up on each side of the net. Player 1 on team A 'sets' (passes) the ball for player 1 on team B who digs the ball up into the air. Player 2 on team B then 'sets' the ball back over the net to player 2 on team A, who then digs the ball back to player 1 on team A. The aim is to keep passing the ball between all 4 players for as long as possible.
- *Coaching cues:*
 - Get your body in the right position early whether you are digging or setting.
 - 'Dig' the ball when it is below your shoulders, and 'set' the ball when it is above your shoulders.
- Safety considerations:*
 - Ensure teams of players are evenly spaced to avoid collisions.

Drill Four (3-5 minutes):

- Aim: Practice a game scenario, and apply the 'dig' in a game.
- Drill: Volleyball game. Break into even teams, and have players set up on each side of the net. Play a game of Volleyball, where players attempt to perform a dig after each serve.
- *Coaching cues:*
 - Position your body early before the serve is completed.
 - The receiver digging the ball should be thinking 'propel the ball directly up for a team mate'.
 - Call your name if the ball is coming in your direction so your team mates know you are 'digging'.
- Safety considerations:*
 - Ensure adequate space for a court
 - All previous safety considerations for drills should be considered