

Specimen Paper

You have been asked to develop the skills and fitness of a group of A level Physical Education students who wish to improve their performance in a team game.

Describe how you might use **visual guidance** to assist the delivery of the main coaching points and how you can ensure that the guidance you provide is effective?

Explain why you would need to use the **principles of training** when developing a training programme to improve the fitness of the A level Physical Education students. (12)

- Visual Guidance- improve performance by seeing/ watching model
- Live demonstration/ expert performance
- Video of own skilled performance/ perfect model
- Photograph/poster/chart/diagram of skill/computer simulation
- Modify display/ chalk marks on mat
- Use of a role model/ significant other
- Get someone to demonstrate of similar/ appropriate age/ability (self efficacy)
- Ensure that the audience can see/hear demo well/clear
- Show complex skills from different angles and at different speeds/ slow motion
- Highlight the main aspects/ cues of the demonstration/ break down skill into components
- Minimum delay between instruction and demonstration
- Allow time for mental rehearsal
- Repeat the demo if necessary
- Reinforce successful demons
- Specific- need to make movements/ energy systems same as activity
- Example of activity/ exercise that is specific
- Progressive – improving fitness requires more intensity in exercises
- Example of how to make programme progressive
- Overload- must stress body to produce adaptations
- Example of how to incorporate overload in the programme
- Reversibility- too much rest/not regularly enough means fitness deteriorates
- Example of a strategy to prevent reversibility
- Tedium- without variety- boredom/loss of motivation
- Example of how to prevent tedium in the programme
- Identifying SPORT but not explaining
- FITT principle.