# **GCSE PE PEP Homework Task: Performance Analysis**

# **Objective:**

To reflect on your most recent performance in your chosen sport or physical activity, identifying your strengths, areas for development, and strategies for improvement.

Create this on a word document or presentation



## Task Instructions:

### 1. Describe the Activity:

- What sport or physical activity did you participate in?
- When and where did it take place?
- What was the context (e.g., training session, match, competition)?

#### 2. Strengths:

- Identify at least two strengths from your performance.
- Explain why these were strengths and how they contributed to your overall performance.
- Use specific examples (e.g., "My passing accuracy was high, especially during the second half when I completed 8 out of 10 passes").

#### 3. Areas for Development:

- Identify at least two areas where you could improve.
- Explain why these areas need development and how they affected your performance.
- Be honest and constructive.

#### 4. Improvement Strategies:

- Suggest specific ways you could improve the areas identified.
- Include training methods, SMART (Be Specific, how can you Measure it, is it Achievable, is it Realistic, can it be completed in a set Time frame?) targets, or techniques you could use.
- Consider both short-term and long-term improvements.

#### 5. Reflection:

- How did this performance compare to previous ones?
- What did you learn about yourself as a performer?
- How will this analysis help you in future performances?

# Tips for Success:

- Use technical vocabulary where appropriate (e.g., agility, cardiovascular endurance, tactical awareness).
- Be specific and detailed in your analysis.
- You may include diagrams, stats, or video analysis if available.