

# Task 2 A level PE Self Analysis Name:

Using the following template can you imagine that you have just observed yourself in your favoured sporting activity.

Now complete the writing frame detailing your ability via your skills. fitness (including your physical attributes) and tactical play.

Skills	<b>Skill positives</b> <b>Quality and range of skills observed</b>	<b>Skill negative</b> What was not executed well? What key skills were missing?
Fitness	<b>How well do they use their physical attributes e.g. fitness levels, body type and psychological control</b> <i>Levels of fitness</i> <i>Did their fitness level help them or hinder them</i> <i>Body type/height and weight</i> <i>Sports psychology e.g. personality, motivation, arousal, anxiety...how did this help the performer?</i>	<b>Fitness negatives...</b> Did these have a negative impact on performance e.g. knocked off ball, low AC leading to decreased performance
Tactics	<b>Success of skill selection, tactics/routine and strategy</b> <i>Link this to your view of the performance e.g. was it good, average or outstanding?</i> <i>Did they use the correct skill for the situation</i> <i>Did make for a successful performance or did it hinder their performance?</i>	<b>Tactical negatives...</b> Poor positional play Poor decision making and shot selection Loss of possession