



PLYMSTOCK SCHOOL

Gifted in PE

Talented in Sport



Name :

Tutor Group :

TARGET SETTING SHEET

Targets are essential to improve as an athlete. To achieve your very best look at the key processes and capabilities overleaf. In consultation with your PE teacher set yourself targets and use the space below to record your progress. You may choose a capability or key process target in isolation but we have helped you by coding the capabilities that are linked to the key processes. Your achievements will be discussed in termly meetings with Mrs Honeywill. (Gifted & Talented Coordinator)

CAPABILITY	KEY PROCESS	STUDENT COMMENTS
* eg S0 (Social Ability)	E & I (b) make decisions about what to do to improve their performance and the performance of others	WWW
		EBI
		WWW
		EBI
		WWW
		EBI

* see notes overleaf

KEY PROCESSES

Developing skills in physical activity (DS)

Pupils should be able to:

- a. refine and adapt skills into techniques **(PH)**
- b. develop the range of skills they use **(CR PH)**
- c. develop the precision, control and fluency of their skills. **(PH)**

Making and applying decisions (M & A)

Pupils should be able to:

- a. select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts **(CO CR)**
- b. refine and adapt ideas and plans in response to changing circumstances **(CO CR)**
- c. plan and implement what needs practising to be more effective in performance **(CO CR)**
- d. recognise hazards and make decisions about how to control any risks to themselves and others. **(CO)**

Developing physical and mental capacity (P & M)

Pupils should be able to :

- a. develop their physical strength, stamina, speed and flexibility to cope with the demands of different activities **(PH)**
- b. develop their mental determination to succeed. **(PE)**

Evaluating and improving (E & I)

Pupils should be able to:

- a. analyse performances, identifying strengths and weaknesses **(CO)**
- b. make decisions about what to do to improve their performance and the performances of others **(SO CO)**
- c. act on these decisions in future performances **(PE CR)**
- d. be clear about what they want to achieve in their own work and what they have actually achieved. **(PE SO)**

Making informed choices about healthy, active lifestyles (H & A)

Pupils should be able to :

- a. identify the types of activity they are best suited to **(SO CO)**
- b. identify the types of role they would like to take on **(SO)**
- c. make choices about their involvement in healthy physical activity. **(CO PH SO)**

5 CAPABILITIES

Sports research has shown that there are 5 main abilities that lead to elite athlete development :

PHYSICAL ABILITY (PH)

The physical skills needed for success in a sport (eg accurate penalty flick in hockey). The fitness level to succeed (eg strength and stamina).

CREATIVE ABILITY (CR)

Being able to perform creatively with new solutions in a match or performance (eg hitting an unexpected fast spinning drop shot in tennis)

SOCIAL ABILITY (SO)

Able to communicate with confidence, lead and build professional relationships with those involved in sport. (eg having a good relationship with coach/PE teacher and able to discuss strengths and weaknesses with confidence).

PERSONAL ABILITY (PE)

Always wanting to WIN thriving on pressure, being disciplined and motivated towards achieving the highest sporting performance possible. (eg not giving up after a poor performance in rugby. Instead finding what improvement is needed and focusing even more in training & dedicating yourself to the following matches until success is achieved.

COGNITIVE (THINKING) ABILITY (CO)

Making the right decisions/tactics at the right time in pressured situations in sport (eg in the final of a 1500m race making the break at the correct time in order to beat your opposition).