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|  |  | **Definition** | **Examples of ‘lead in’ words** | **Data collection** | **Approaches to develop performance** | **Record, monitor and evaluation of perf development** |
| Describe | http://moodleshare.org/pluginfile.php/7169/mod_page/content/1/Artist.jpg | Give the main, important features of something | There were …parts, lines, rows, sections, criteria | It had 10 rows with relevant criteria from a model listed. | I started by running for 20 mins around the track which was marked out at 50 m intervals | The diary had headings including ‘content of training session, date and time of session and a column to record feelings during the training session |
| Explain | http://previews.123rf.com/images/rejects/rejects1009/rejects100900064/7695810-Lecturer-and-students-3d-image-isolated-on-white-background--Stock-Photo.jpg | Gives reasons why you did something, why you chose a method or approach | …because….  ….so that…..  ….in order to….  ..to make sure that..  ..I was able to… | The rows related to the stroke I was trying to develop ***so that*** I had to compare my own execution of the stroke to the MP | This let me to keep an easy count of the distance I was covering each lap to ***make sure that*** at the end my calculations were more likely to be accurate. | This was a detailed record of exactly what I did and when, and how I felt ***so that*** I could go back and check progress or ***make sure*** I was building on each previous training session |
| Analyse | http://www.clipartillustration.com/wp-content/uploads/2015/04/125181-basic-cmyk-preview.jpg | Break something down into component parts and establish if there are connections between the parts | …this shows…  …this demonstrates..  …This results in…  …this meant….  …this allows for.. | The method ***meant I could*** organise my training according to where the crosses indicated my greatest weakness | The track being laid out this way ***meant I could*** set short little targets to achieve as I ran and did not give in or stop too easily when I began to feel the first signs of tiredness | The diary system ***allowed me*** to get into a good routine of recording important information continually as I went along about all the important aspects of the training sessions |
| Evaluate | http://previews.123rf.com/images/norbertsobolewski/norbertsobolewski1411/norbertsobolewski141100051/33783505-Cartoon-weighing-scale-Vector-illustration-without-gradients-on-one-layer--Stock-Vector.jpg | Give a rating or value of the success or otherwise of a method or approach | …there was an improvement in …  …Results show ….  …Method more useful because… | The ***method was useful*** because it was easy to organise which let me maximise the time for training and not  set ting it all up. | This approach helped my stamina improve and the ***results from my GOS show*** my performance in being able to last the full game marking my opponent even in the dying stages. | By being able to write down and not just use my memory ***I am able to see*** that by gradually and safely making my training more demanding my performance had improved significantly. |