Stage 1 Physical Education

Assessment Type 1: Performance Improvement

Biomechanics Improvement Analysis Task (Golf)

Task background

Biomechanics is an area of sport science concerned with the analysis of mechanics of human movement. In other words, it is the science of explaining how and why the human body moves in the way that it does. Through analysis of biomechanical efficiency and effectiveness, sport scientists can explore sporting performance and improvement.

Feedback can come in many forms (visual, from a coach, or using modern technologies). The type and delivery of feedback can have a large impact on the learner’s ability and motivation to develop skills/performance. The accessibility of video footage as a means to analyse sporting techniques has made it more popular as a feedback tool.

**Description of assessment**

With the focus on the movement concept of movement quality, you participate in a golf unit aimed at improving the effectiveness of one type of golf shot (drive, chip, putt) over a period of time. You analyse at least two biomechanical principles (Balance & Stability, Summation of force, Leverage, Projectile Motion or Momentum) to improve your performance. You reflect on and apply feedback throughout the unit to improve your performance and the rate of your improvement.

Using evidence, your response should include:

1. Analysis of two or more biomechanical principles in relation to your golf shot.
2. Reflection on the application of feedback throughout the unit and the impact this has had on improvement.
3. Improvement, with reference to an elite performer.

**Response requirements**

Your response must refer to evidence related data, which could include; video footage, observations, photographs, referenced literature and performance data collected throughout the unit.

The response should be up to a maximum of 9 minutes for an oral or multimodal presentation or up to a maximum of 1500 words, for a written response.

Assessment

The Specific Features assessed in this task are:

**A1**  Application of knowledge and understanding to movement concepts and strategies.

**A3** Communication using subject-specific terminology.

**EAR1** Exploration and analysis of evidence relating to physical activity.

**EAR2** Reflection on movement concepts and strategies.

**EAR3** Reflection on and application of feedback to improve participation and/or performance.

**Stage 1 Physical Education Performance Standards**

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| - | Application | Exploration, Analysis, and Reflection |
| A | Astute and highly effective application of knowledge and understanding to movement concepts and strategies.  Focused and sustained application of collaborative skills.  Highly effective use of accurate subject-specific terminology. | Focused exploration and in-depth analysis of evidence relating to physical activity.  Insightful reflection on movement concepts and strategies.  Insightful reflection on ways to improve participation and/or performance. |
| B | Effective application of knowledge and understanding to movement concepts and strategies.  Mostly thorough and sustained application of collaborative skills.  Effective use of accurate subject-specific terminology. | Thorough exploration and some depth of analysis of evidence relating to physical activity.  Well-considered reflection on movement concepts and strategies with some insights.  Well-considered reflection on ways to improve participation and/or performance. |
| C | Generally effective application of knowledge and understanding to movement concepts and strategies.  Competent application of collaborative skills.  Generally effective use of subject-specific terminology with some accuracy. | Generally competent exploration and analysis of evidence relating to physical activity.  Considered reflection on movement concepts and strategies.  Considered reflection on ways to improve participation and/or performance. |
| D | Some application of knowledge and understanding to movement concepts and strategies.  Some application of collaborative skills.  Some use of subject-specific terminology. | Some exploration and analysis of evidence relating to physical activity.  Some reflection on movement concepts and strategies.  Some reflection on ways to improve participation and/or performance. |
| E | Attempted application of knowledge and understanding to movement concepts and strategies.  Attempted application of collaborative skills.  Attempted use of limited use of subject-specific terminology. | Attempted exploration and analysis of evidence relating to physical activity.  Attempted reflection on movement concepts and strategies.  Attempted reflection on ways to improve participation and/or performance. |

**Teacher comment: Assessment Grade:**  …………………………………………………………………………………………………………………………………………………………

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