

**GCSE Homework**

**Analysis of Performance - Scenario**

After a gruelling summer of athletics, Mr Ashdown, Mr Bruce and Miss Wallis have spent hours honing their skills. However, in order to improve, and stand a chance to get selected for the 2016 Rio Olympics, they need your help. Watch all three videos (<http://warlinghamschoolpe.weebly.com/multimedia.html>) and then choose ONE performer to analyse. In your analysis, you must mention:

* Strengths of the technique
* Weaknesses of the technique compared to what it should look like (the perfect model)
* Any HRF/SRF components that you have seen or believe you should have seen for their specific event
* What they need to improve
* How they can improve it

This should be a detailed document (roughly a full side of A4) as this will give you the basic skills when it comes to complete your own AOP analysis.

Due Date: