



DO YOU READ, PERFORM AND THINK LIKE A SPORTSPERSON?



Star



READ

- › Read the rules of the sport and understand the infringement calls from officials – discuss the rules with teammates to ensure clarity
- › Read key points from the rules and highlight those relevant to impacting performance
- › Scan over the rules. Pay attention to specific rules that may apply to your role/position
- › Read through the sequencing of skills from task cards
- › Identify key techniques of tasks when reading
- › Read observed strengths and weaknesses from drill/set plays/competitive situations
- › Read and understand the importance of leading an active healthy lifestyle



PERFORM

- › Perform key skills relevant to the sport/ activity in isolation.
- › Perform key set plays that will improve team's or individual's outcome
- › Perform and improve weaknesses using compositional ideas, tactics and strategies
- › Perform fitness testing to measure key strengths and weaknesses in competitive situations
- › Repeat skills to develop motor competence in chosen sport/activities
- › Perform in competitive sports and activities to excel in motor competence
- › Perform creatively using sequenced routines/tactics and strategies



THINK

- › Scan the pitch/court to gather information on set plays or next course of action
- › Think and make decisions for a successful outcome
- › Think tactically and see the game. Try to understand how the skills will support success of competitive situations
- › Anticipate opposition's weaknesses and adapt tactics to exploit their weaknesses
- › Think strategically to overcome a problem effectively
- › Think creatively to improve performances