

Appendix xx PEP skills activities examples

The table below outlines **examples** of skills and practices learners **could use** when gathering performance data. Please note that this table is by no means exhaustive, and centres **do not** have to use these examples.

The skills/practices that are used will allow students to collect performance data that must clearly link to a component of fitness that you focus on in your PEP.

Activity	Performance data
Association football Field hockey Futsal	Examples to collect performance data for aerobic/muscular endurance/speed could include: Shuttles – dribble ball x amount of metres towards a goal and shoot. Run back to start and collect another ball – repeat. How many goals in x number of seconds or how many shuttles in a set amount of time? Dribble the ball through a line of cones to a line, pass the ball – run back to start, pick up another ball and repeat. How many shuttles can you do in x number of seconds?
Badminton	Examples to collect performance data for CV/muscular endurance/speed could include: Partner hits the shuttle cock mid court - receive it, return it (drop/ overhead etc.) and run to back line – repeat. How many in x seconds. Examples to collect performance data for strength/power could include: Number of points won in a conditioned practice by executing a smash or net/kill shot. Accuracy of return shots by using a court map/points for hitting winning zones on court.
Cricket	Examples to collect performance data for aerobic/muscular endurance/speed could include: How fast can you run between the wickets? How many runs between the wickets in x amount of time? Time it takes to run a certain distance, pick up the ball and throw it back to the wicketkeeper. Examples to collect performance data for strength/power could include: How far can you throw the ball? Number of boundaries hit in a conditioned practice. Accuracy of throwing the ball at the stumps in x amount of times.
Handball/lacrosse	Examples to collect performance data for aerobic/muscular endurance/speed could include: Shuttles – run x number of metres towards a goal and shoot. Run back to start and collect another ball – repeat. How many goals in x amount of time or how many shuttles in x number of seconds? Sprint through cones to a line, pass the ball – run back, pick up another ball and repeat. How many shuttles can you do in x number of seconds?

Ice hockey	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include:</p> <p>Shuttles – dribble the puck x amount of metres towards the goal and shoot. Run back and collect another puck – repeat. How many goals in or how many shuttles in x amount of time?</p> <p>Dribble the puck through cones to a line, pass the puck – run back, pick up another puck and repeat. How many shuttles can you do in x amount of time?</p>
Netball	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include:</p> <p>Shuttles – stand with the ball opposite a partner. Throw the ball to partner and sprint to a line, sprint back to the starting position, on the move collect the pass from partner, return the throw and sprint to another line. Return to starting line – repeat. How many passes or how many shuttles can be completed in x amount of time?</p> <p>Number of successful shots from specific locations when shooting- how is the accuracy fatigue by fatigue (in the later quarters/half).</p>
Rowing	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include:</p> <p>Distance/time.</p> <p>Examples to collect performance data for strength/power could include:</p> <p>Stroke count for a given distance.</p>
Rugby league/rugby union	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include:</p> <p>Shuttles – running towards an opponent, passing the ball to a team member before reaching the opponent. Running back to starting line, picking up a new ball and repeating. How many runs in x amount of time?</p> <p>Number of clear-outs made at the ruck situation in a conditioned practice.</p> <p>Number of tackles made in a conditioned practice.</p> <p>In pairs – put a band around your waist and partner holds the 2 ends - pull against an opponent -how far can you go in x secs?</p> <p>Examples to collect performance data for strength/power could include:</p> <p>Number of collisions won in contact in a conditioned practice.</p> <p>Number of missed tackles in a conditioned practice.</p> <p>Number of times claiming the ball in the air in a kicking practice or game.</p> <p>Kicking distance achieved.</p> <p>Box kick hang time.</p>
Tennis	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include:</p> <p>Partner feeds the ball- receive it, return a drop shot/lob- run to back line– repeat. How many in x amount of time.</p> <p>Examples to collect performance data for strength/power could include:</p> <p>Number of aces served in a conditioned practice.</p> <p>Accuracy of return shots by using a court map/points for hitting winning zones on court.</p>

Amateur boxing	<p>Examples to collect performance data for aerobic/muscular endurance could include: How many skips in x amount of time? Number of clap press ups in x amount of time (from feet or knees). Number of certain punches that can be thrown against the bag in a certain amount of time i.e., jabs, hooks, cross etc.</p> <p>Examples to collect performance data for strength/power could include: Number of knockdowns in a bout/number of knock-outs.</p>
Athletics	Times/split times (track events) or distance (field events).
BMX Cycling/cycling	Time/distance.
Canoeing/rowing/ sculling/kayaking/ sailing/wind surfing	Time/distance.
Golf	<p>Examples to collect performance data for strength/power could include: How far can I hit the driver (or any other club) off the tee/on the fairway?</p>
Equestrian	Time /number of faults.
Rock climbing	Time.
Swimming	<p>Time/distance.</p> <p>Examples to collect performance data for strength/power could include: How many strokes per length? Distance travelled underwater from the turn.</p>
Dance/Gymnastics/ Acrobatic gymnastics/Figure Skating	<p>Examples to collect performance data for strength/power could include: Height of jumps in routines. Higher scoring/performance indicators for body alignment, posture/placement, control and execution of movement. Ability to execute advanced categories of agilities/skills.</p>
Diving/Trampolining	<p>Examples to collect performance data for strength/power could include: Number of somersaults/twists performed. Height from take-off.</p>
Snowboarding/skiing	<p>Time to complete the slalom. How many ski poles/gates missed in the slalom event?</p>
Volleyball	<p>Examples to collect performance data for strength/power could include: How many blocks at the net can be made successfully in a set practice/game? How many successful spikes are successful in a set practice/game? Height of jump when blocking or spiking.</p>
Camogie/Hurling	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include: Shuttles – dribble ball x amount of metres towards a goal and shoot. Run back to start and collect another ball – repeat. How many goals in x number of seconds or how many shuttles in a set amount of time?</p> <p>Dribble the ball through a line of cones to a line, pass the ball – run back to start, pick up another ball and repeat. How many shuttles can you do in x number of seconds?</p>

Gaelic football	<p>Examples to collect performance data for aerobic/muscular endurance could include: How many successful tackles made in a conditioned practice/game? From your goal, run out, pick up the ball, fist pass to a teammate, turn at ½ way back towards the goal; pick up another ball and shoot. How many can be completed in x amount of time.</p> <p>Examples to collect performance data for strength/power could include: How far you can punt the ball to a teammate? How many times could you evade/sidestep an opponent in a conditioned practice/game? Number of successful shots/goals in a conditioned practice/game.</p>
Squash	<p>Examples to collect performance data for aerobic/muscular endurance could include: Start at the 'T'. Partner feeds the ball to the front left, front right, back left and back right. After each execution of the shot, the player returns to the 'T'. How many successful shots can be executed in x amount of time.</p> <p>Examples to collect performance data for strength/power could include: Number of successful forehand and/or backhand boast shots in a conditioned practice/game.</p>
Table Tennis	<p>Examples to collect performance data for aerobic/muscular endurance could include: A partner feeds the ball at various parts of the table for the student to play a range of shots while moving position in x amount of time. Successful shots are recorded.</p> <p>Examples to collect performance data for strength/power could include: How many successful forehand smashes made in a conditioned practice/game?</p>
Water Polo	<p>Examples to collect performance data for aerobic/muscular endurance/speed could include: How long you can tread water for during a passing & catching drill? Swim from one end to the other with the ball. Take a shot. How many in x amount of time? Time taken to swim from one goal to another with the ball.</p> <p>Examples to collect performance data for strength/power could include: Number of successful goals in a conditioned practice/game. Number of goals that can be saved (goalkeeper) during a conditioned practice/game.</p>
Basketball	<p>Examples to collect performance data for aerobic/muscular endurance could include: Dribbling the ball down the court and finishing with a lay-up. Collect the ball and dribble the ball to the other end and finish with a lay-up. Repeat this and record success rate of shots and lengths in x amount of time. Number of successful shots from specific locations when shooting- how is the accuracy fatigue by fatigue (in the later quarters/half).</p> <p>Examples to collect performance data for strength/power could include: Number of successful jump shots in a conditioned practice/game. Number of rebounds in a conditioned practice/game. Number of blocks in a conditioned practice/game.</p>

Please note: as well as the examples mentioned in the table below, students could also collect GPS data through the use of various apps available that could potentially assist in evaluating aerobic/muscular endurance levels. This data would then need to be linked to their performance.

If your candidates are completing the PEP on the following activities do not hesitate to contact the subject Advisor Penny Lewis at teachingpeandsport@pearson.com