Grade 5:

Analysing Skill strength and weaknesses

1. **Skill Analysis. (Work in pairs)**

* pick a striking skill/action(from the provided list below)
* research the skill (using skill posters, knowledge from lessons, internet, PE teacher)
* take photos and videos of yourself when performing the various phases of the skill

**Apps to use**: camera, burst mode, iMovie, comic life

Mr.L and Mr Day will upload photos and video’s into a shared folder.

1. **During ICT:**

* Create a skill poster (max. 6 pictures) with analysis of performance

using the app. **comic life!**

* Upload skill poster to your drive and share with Mr. L and Mr. Day
* Create a slideshow of your video and photos of your performance using iMovie
* Voice over commentary on how you did, strengths and weaknesses.
* Make sure to have a conclusion (voice over or video recording)

**Analysis:** You can use the videos below as a guide for your own video. Look carefully at the video to see what the athletes do with their arms, legs and bodies and compare it with your own performance.

**Provided skill/action list to choose from:**

1. Strike a base-ball with a bat from a T (video/photos from front and side)
2. Throw (pitch) a ball (video/photos from front and side)
3. Cricket batting

<http://www.youtube.com/watch?v=TObWuXFz-68> (Pitch a ball slow motion, front)

<http://www.youtube.com/watch?v=iRPtVfEz4es> (Pitch a ball slow motion, side)

<http://www.youtube.com/watch?v=3Omf28OSv50> (batting a baseball slow motion)

<http://www.youtube.com/watch?v=uUym2Pko9m0> (cricket bowling in slow motion)

<http://www.youtube.com/watch?v=wZjCQs4O1q4> (cricket batting tutorial)