

Student 5: Low Achieved

NZQA Intended for teacher use only

After I observed my student and taking notes on the biomechanics of my student I decided that the best way of teaching my lesson plan to my student was through the 3 ways of learning. I was able to watch my student and assess the necessary areas of improvement.

Once I had observed my student I made a lesson plan that I believe would suit my player and his skills that he already has. My student had very good flexion at the elbows and at his wrists with the set, this helps him get better projectile motion from the ball by getting lots of height on the ball to get it over the net, the students were not at the stage where they could set to a spiker so the set was more to get the ball over the net. If my student bent his knees to get down lower to the ball and had his elbows bent at 45 degrees he would generate more force to get the ball over the net. This is the principle of force summation where all body parts are used in sequence starting from large muscles first like quads and then sequencing the muscle groups down to smaller muscles like wrist extensors. This would help the player generate more force to get the ball over the net and further into the court.

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The activity I came up with was designed in a closed environment as it was in the gym, that way the student didn't have to worry about other factors. Also, I have decided to use distributed practice by having rest periods that way my student can get past the cognitive stage of learning and move onto the associative stage of learning. I believe this will help him as he will get into the correct position easily throughout a game. I think this will help with the student's overall centre of gravity and base of support which will help them get more projectile motion from the ball.

After observing my student, I feel he will work better after having gotten through the cognitive stage of learning as he will be past the learning stage of the skill. Once my student has practiced the skill and feels a bit more confident I will expand it to massed practice that way the student can practise the skills that they have been taught over and over again without a break so that it becomes a natural movement.

I will also give the student external feedback on his progress as I think this will help him to understand the skill and the correct way to do it during the prep phase. I believe after he has learnt the skill he can move on to self timed practise as this will help him feel more confident in a game situation.

In the set shot the muscles that are working are the biceps (antagonist) and the triceps (agonist) this is good as the student has the correct muscles working throughout the set movement and through all their phases of play.