|  |
| --- |
| **Question:**Evaluate the effectiveness of plyometrics and fartlek training for a basketball player(6 marks) |
| **AO1****Demonstrate knowledge and understanding of key terms*** Identify and describe key terms
 |  |
| **AO2****Application of Knowledge*** Describe and explain the key terms, link them to the question
* Give examples to back up the explanations that you have made
 |
| **AO3****Evaluation and Analysis*** Make a connection between the elements and impact on performance
* Discuss the positives and negatives
* Compare and contrast the points
* Advantages and disadvantages of the points
 |
| **Conclusion*** Use your previous points to make an overall summary or judgement
 |
| **Are you finished?**Proof read your work Add any missing content using a \* Check SPaG for errors |