

# SISSCO012 Participate in sport at an advanced level

## Practical Assessment

### Task 1:

Create a log of your participation in at least one sport over 7 days (does not have to be consecutive days). Ensure you've included:

- Your participation in at least three advanced training sessions with a duration of 30 minutes or more in which you use advanced level technical skills at an accuracy rate of 70% or more
- Performing in a competition using advanced level tactical and technical skills at an accuracy rate of 70% or more

During your participation, ensure you comply with sport-specific rules, regulations, and policies.

### Task 2:

Create an example of a feedback form you would give to receive feedback on your participation.

### Task 3:

Ask your coach, official and support staff to fill out a feedback form each. Using their responses, write a self-evaluation based on their feedback and your own self-reflection of your performance. Write a list of your strengths and weaknesses, as well as those of your opposition.