**Evaluation Overview**

Please complete the following document as an overview and plan for the evaluation of your area of assessment 2 weakness

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| Area of Assessment 2 |
| Please identify your weakness you have identified in your analysis:Include content from specification (for example Rugby – Tackling to stop an opponent, front, side, chop) |
| Evaluation of Area Assessment 2 |
| Briefly outline the aspect from the theory and content you need to write about for the area you have identified as the **cause** for the identified weakness:(for example Rugby – Over arousal. Would need to write about arousal, peak flow experience. I may link in types of anxiety) |
| Briefly outline the **corrective measures** you have identified you will put into place in order to improve the cause, and in turn the area of weakness (Strategies to cope with arousal, stress management techniques) |