



Working and Learning In Sport and Fitness

Reflective Practice

Actuality: Gavin

(giving Reflective Practice intro)-

We're going to talk about the models for approach. Previous lectures within this module we've talked about what is reflective practice? What does it mean to be reflective? The philosophy of reflective learning etc etc.

IV- Tony Ghaye

Reflective practice means different things to different people. There are different kinds of reflection and different practices of it, but essentially reflective practice is a way of learning to improve performance.

Actuality:Gavin

..We're looking at how we apply these models, we may have some sort of personalised model of reflection and how we reflect at this stage in our career. And we're looking at applying that in a very practical setting, and that will obviously follow on when we go out to the pitch later on and Tom will take the session...

COMM

There are three types of reflection that practitioners can follow, to maximise performance: these are reflecting FOR action, reflecting IN action and reflecting ON Action

IV- Tony Ghaye

Reflection for action is really, trying to link together the significant learning from a past event, match or experience with what's coming up. For example, if you were preparing a team for a particular event or match you might want to say, things like, remember what we did well last time, remember why we did it well, let's remind ourselves of how we can do it again, a coach might also want to say something like remember what we need to change from last time. So it's that bridge between the past and the present.

(Students working on diagrams)

IV- Tony Ghaye

I think it's probably best for people to explore different ways to reflect..

(Student speaks to class)

some people use what's called mind maps which is really bubbles and linking up ideas and thoughts in particular ways, other people can use still or moving images in particular ways and create a kind of photo montage or photo story, some people use story boarding which is a rather nice way of reflecting on a particular event where an event is described and then you ask learners to pick out significant events in that and create a kind of picture story so there are lots and lots of techniques.

COMM

Role -play is another technique that helps students to reflect on their practice. Students are given the opportunity to reflect alone and receive constructive feedback by acting out the role of a professional coach.

IV -Tom

I have been selected as part of the course to lead the session in terms of use of reflective methods. In terms of my session, I'm looking at whole part whole, they are coming out to play

the game so I can see what they have got straight away. Breaking it down into possibly a passing grid and a bit of fun to start with as some of them are not rugby players and then ending the game and seeing if the communication levels which I'm looking for has improved.