

Loudoun Academy
Physical Education Department



National 5 Physical Education
Portfolio

- The portfolio is split into three sections
- You will complete a couple of questions at a time under exam conditions
- For section 2 and 3 you will be allowed to bring in brief notes
- As well as the portfolio you should be preparing for your one off performances
- The best way to perform well in national PE is to ensure you receive feedback off of your teacher before sitting the questions. If you complete all homework tasks and study at home you will be successful.

Section 1

1. Factors Impacting Performance

Section Number	Description of Question	Additional Notes	Link to Example Questions
1	<p>For each factor, Mental, Emotional, Social and Physical, explain its impact on performance.</p> <p>(8 marks)</p>	<p>PEE answer structure</p> <p>2 PEE answers per factor</p> <p>P – the sport, the factor, + or – E- Example in performance E- What happens as a result</p> <p>Make sure you hand in your homework in order to receive feedback. Email it to your class teacher.</p>	<p><u>Mental</u> https://www.satpe.co.uk/2019/05/20/mental-factors/</p> <p><u>Physical</u> https://www.satpe.co.uk/2019/05/20/physical-factors/</p> <p><u>Emotional</u> https://www.satpe.co.uk/2019/05/20/emotional-factors/</p> <p><u>Social</u> https://www.satpe.co.uk/2019/05/20/social-factors/ https://www.bbc.co.uk/bitesize/subjects/zhf3cdm</p> <p>All PowerPoints are on teams</p>

Section 2: Planning, developing and implementing approaches to enhance personal performance

Section Number	Description of Question	Additional Notes	Link to Example Questions
2a)	Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)	<p>Three separate paragraphs with the following structure:</p> <ul style="list-style-type: none"> • What is the challenge • Give an example of this challenge • What impact does this have in terms of planning a training programme? 	<p>https://www.satpe.co.uk/2019/05/20/method-effectiveness/</p> <p>https://www.bbc.co.uk/bitesize/guides/zncjrj6/revision/5</p> <p>All class PowerPoints are on teams</p>
2b)	<p>Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)</p> <p>Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)</p>	An Identify question is just name the method of gathering data you used to identify your weakness	https://www.bbc.co.uk/bitesize/guides/zncjrj6/revision/3
2c)	Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)	<p>A describe question answer structure should be short, sharp sentences. Each sentence should be a descriptive point.</p> <p>The marker should be able to picture exactly how you gathered the data.</p>	<p>https://www.satpe.co.uk/2019/05/19/data-collection-physical/</p> <p>https://www.satpe.co.uk/2019/05/19/data-collection-mental/</p> <p>All class Powerpoints are on teams</p>

<p>2d)</p>	<p>Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)</p>	<p>Structure is as follows:</p> <ul style="list-style-type: none"> • What is good about the method • Give an example • Why is this good in terms of data and your training programme <p>X3</p>	<p>https://www.satpe.co.uk/2019/05/20/method-effectiveness/</p> <p>All class powerpoints are on teams</p>
<p>2e)</p>	<p>From the data you have gathered describe your strengths and development needs in relation to your performance for both factors. (4 marks)</p>	<p>Structure is as follows:</p> <ul style="list-style-type: none"> • What is your physical strength • How do you know it • How does this impact your performance <ul style="list-style-type: none"> • What is your physical weakness • How do you know it • How does this impact your performance <p>Then complete the same for mental as well</p>	<p>All class powerpoints are on teams</p>
<p>2f)</p>	<p>With reference to the data, identify an appropriate target for each factor.</p>	<p>SMART TARGET</p> <p>2 targets one for physical one for mental</p>	<p>https://www.satpe.co.uk/2019/05/19/goal-types/</p>

		Make sure they are specific to your weakness and use your data to create smart targets	
2g)	Explain why it is important to set targets when creating a personal development programme. (3 marks)	<p>Structure is as follows:</p> <ul style="list-style-type: none"> • A reason why you would use a goal • An example of this • What that means in terms of your training programme <p>X3</p>	<p>https://www.satpe.co.uk/2019/05/19/setting-effective-goals/</p> <p>https://www.satpe.co.uk/2019/05/19/why-set-goals/</p> <p>All class powerpoints are on teams</p>
2h)	<p>From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)</p> <p>From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)</p>	<p>A describe question answer structure should be short, sharp sentences. Each sentence should be a descriptive point.</p> <p>The marker should be able to picture exactly what you did in your training session.</p> <p>2 marks for physical 2 marks for mental</p>	<p>https://www.satpe.co.uk/2019/05/19/approaches-physical/</p> <p>All class powerpoints are on teams</p>
2i)	In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)	<p>Principles of training</p> <p>SPORT</p> <p>Use the following structure</p> <ul style="list-style-type: none"> • What you considered • Example • What it means in terms of your progress <p>X4</p>	<p>https://www.bbc.co.uk/bitesize/guides/zmmv6v4/revisio n/4</p>

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Section 3: Monitoring, recording and evaluating performance development

Section Number	Description of Outcome	Additional Notes	Link to Example Questions
3a	During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)	Use the following structure <ul style="list-style-type: none"> • If you found it helpful, what type of feedback and who from • Why did you find it useful X2	https://www.bbc.co.uk/bitesize/guides/zdstqp3/revision/1
3b	Explain why it is necessary to monitor your performance development. (3 marks)	Use the following structure: <ul style="list-style-type: none"> • Give a reason why you monitor • Give an example of this • Give the benefit of this in terms of your training programme X3	https://www.satpe.co.uk/2019/05/19/why-monitor-and-evaluate/ https://www.bbc.co.uk/bitesize/guides/zkmkvk7/revision/1
3c	Describe how you monitored your programme of work for factor 1. (2 marks)	Short sharp sentences that create a picture of exactly how you monitored your physical training programme.	https://www.satpe.co.uk/2019/05/19/training-diary/
3cii)	Using a different method describe how you monitored your programme of work for factor 2. (2 marks)	Short sharp sentences that create a picture of exactly how you monitored your mental training programme.	https://www.satpe.co.uk/2019/05/19/re-testing/

<p>3d</p>	<p>Evaluate the effectiveness of your personal development programme. (6 marks)</p>	<p>Use the following structure:</p> <ul style="list-style-type: none"> • <i>Judgement</i> – make a point of what was effective or not effective in your training programme and a brief reason why. • <i>Opinion/Example</i> – state your opinion on the judgement you have made; you state how it is effective or not effective in your training programme in detail and provide example of what that looked like. • <i>Explanation</i> – If this was effective what did allow you to do in your training? If it was not effective what did it not allow you to do in training? Explain the VALUE. 	<p>Class powerpoint on teams</p>
<p>3e</p>	<p>Evaluate your performance in the two selected factors. (4 marks)</p>	<ul style="list-style-type: none"> • <i>Judgement</i> – After carrying out your training programme, what have I seen improve or not improve in the Physical factor AND the Mental factor? • <i>Opinion/Example</i> – What is the example of what has improved or not improved in my Hockey performance? • <i>Explanation</i> – What is the impact/value this has in my performance? What can I do in a Hockey game or cannot do in a Hockey game? • Write in the past tense as you are reflecting back on something. • 2 marks for 2 Physical sub-factors 	<p>Class powerpoint on teams</p>

		<ul style="list-style-type: none"> • 2 marks for 2 Mental sub-factors 	
3f	With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)	<ul style="list-style-type: none"> • To answer Q3f, you are going to using the structure CAR. • Current Performance – State what has improved or not improved in Hockey. • Action – Give your decision what you are going to improve. Give your decision of what APPROACH you are going to use in your next training programme. • Reason – Explain why you have chosen this approach and what will it allow you to do to improve your performance development. 	Class powerpoints are on teams