

St. Ninian's High School



Physical Education Department Higher Scenario Examples

Higher PE Scenarios

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Scenario 1.

Spain scored with the last kick of the ball in extra-time to win 3-2 and edge Scotland out of their Euro 2013 play-off in the most agonising fashion.



Scotland suffer late loss to Spain in Euro 2013 play-off

By Alasdair Lamont
BBC Scotland in Madrid

EURO 2013 PLAY-OFF

Spain 3-2 Scotland (after extra time): (agg. 4-3)

Spain scored with the last kick of the ball in extra-time to win 3-2 and edge Scotland out of their Euro 2013 play-off in the most agonising fashion.

Having drawn 1-1 in Glasgow, the Scots led twice in Madrid through goals from Emma Mitchell and Kim Little.

But Spain equalised through Adriana and then Silvia Meseguer.

With the Scots set to go through on away goals, Vero made up for a penalty miss moments before by forcing in a shot in injury time of extra-time.

The Scotland players were utterly disconsolate as the final whistle blew immediately, with a first ever place at a major finals having been snatched from their grasp.

In your answer you must refer to the following factors impacting on performance;
Emotional and **one other** – from physical, social and emotional.

- (a) Analyse the possible factors that led to a dip in performance within those last few moments of game (8)
- (b) Evaluate how this experience would benefit or enhance future performances (8)

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Scenario 2.

Sir Chris Hoy MBE is GB's most successful Olympic athlete of all time, with six gold medals and one silver.



In your answer you must refer to the following factors impacting on performance;
Mental and **one other** – from physical, social and emotional.

- (a) Analyse the factors in Sir Chris Hoy's continued high-level performance across three Olympics. (6)
- (b) Explain how these factors contributed to his on-going development and evolution within the sport. (6)
- (c) Evaluate his influence on the future development of the athlete performance. (4)

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Scenario 3.

Robert "Bob" Beamon is an American former track and field athlete, best known for his world record in the long jump at the Mexico Olympics in 1968, which remained the world record for 22 years, 316 days until it was broken in 1991 by Mike Powell.



In your answer you must refer to the following factors impacting on performance;
Physical and **one other** – from mental, social and emotional.

- (a) Explain the possible reasons for enhanced performance from Bob Beamon (8)
- (b) Evaluate how these factors would have influenced Mike Powell who succeeded in surpassing his world record (8)

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Scenario 4.

Michael Phelps is now officially the most gold-medal adorned Olympian in history - and the secret of his success is down to his unique 12,000 calorie per day training diet.



In your answer you must refer to the following factors impacting on performance; **Social** and **one other** – from mental, physical and emotional.

- (a) Adhering to the strict diet, analyse any factors that would impact performance. (8)

- (b) Relating to the factors which difficulties may Phelps face during his preparation and how might he overcome these. (8)

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Scenario 5.

in 2012, Bradley Wiggins became the first British winner of the Tour de France. He owes his success to a strict and intense training regime in the heart of Tenerife.



In your answer you must refer to the following factors impacting on performance;
Physical and **one other** – from mental, social and emotional.

- (a) Evaluate how this type of training programme would have enhanced overall performance (8)
- (b) Outline two key factors within this programme and how it influenced final results (8)

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Scenario 6.

During the ill-fated Andres Villa Boas era as Chelsea Manager a number of high-profile players lost faith with the coach.



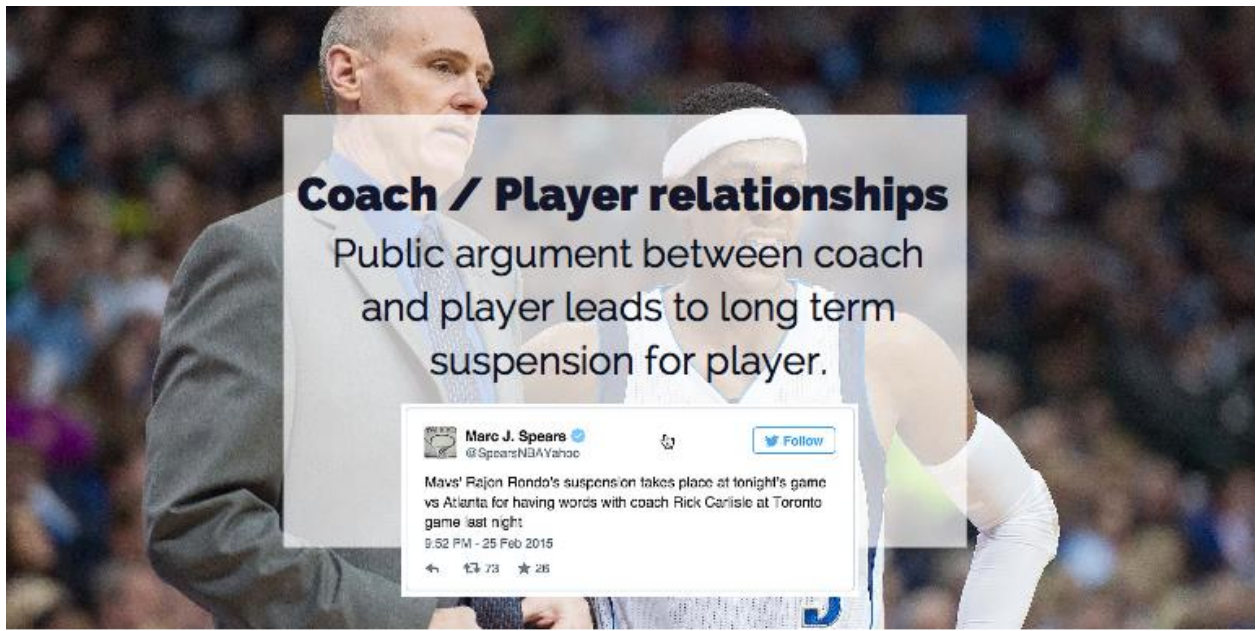
In your answer you must refer to the following factors impacting on performance; **Emotional** and **one other** – from mental, social and physical.

- (a) Explain the possible factors that contributed to the break-down in relationships and performance. **(8)**
- (b) Evaluate how these factors could have been developed to improve performance. **(8)**

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Scenario 7.

Following a high-profile argument during a game, The Dallas Mavericks suspended point guard Rajon Rondo one game for conduct detrimental to the team.



In your answer you must refer to the following factors impacting on performance;
Mental and **one other** – from emotional, social and physical.

- (a) Analyse the factors that led to the break-down in relationship between coach and player. **(8)**
- (b) Explain how these factors could be improved to enhance performance of both player and coach **(8)**

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Scenario 8.

Justin Speith became the second youngest winner of the masters. Going into the last day he was leading the pack by 5 shots.



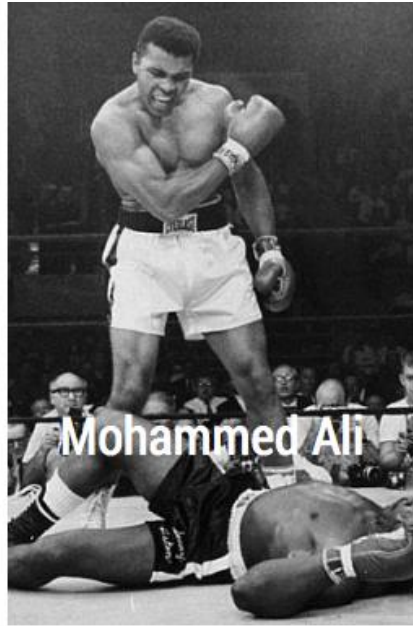
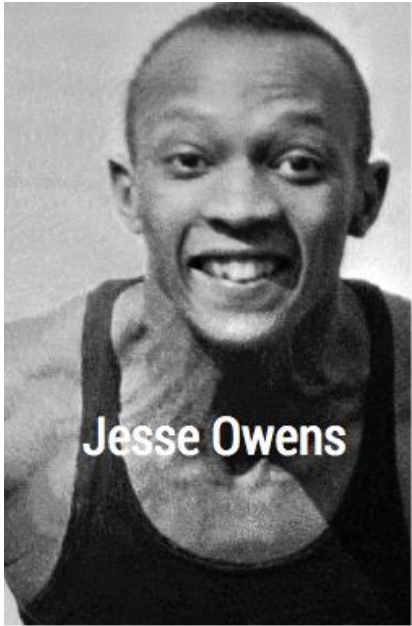
In your answer you must refer to the following factors impacting on performance;
Mental and **one other** – from emotional, social and physical.

- (a) Analyse the key factors that would contribute to the sustained performance on the last day of tournament (8)
- (b) Explain how these factors were implemented by Justin. (8)

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Scenario 9.

Three athletes that changed the world of sport..



In your answer you must refer to the following factors impacting on performance;
Social and **one other** – from emotional, mental and physical.

- (a) Analyse the common factors that would connect these three revolutionary athletes and their high-level performance (8)
- (b) Explain how these factors inspired a new generation of sports stars (8)

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Scenario 10.

Three successful women from the world of individual sports.



In your answer you must refer to the following factors impacting on performance;
Physical and **one other** – from emotional, mental and social.

- (a) Three players from different individual sports. Analyse the common factors that would relate each of the sports (8)
- (b) Explain how you would plan and develop future performance plans for each of those factors. (8)