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| **Date** | **Factor** | **Lesson Content** | **Outcomes** | **Notes** |
| Week 119/8 | Physical (Fitness) | Factors Impacting Performance* During Performance
* Factors Impacting other Factors
 | **Factors Impacting on Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** * Team or group performance and performance development process
* potential impact of one factor upon other(s) in performance and performance development process
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| Week 226/8 | Physical (Fitness) | Standardised TestInterpret the quantitative Information Theory – Appropriateness of the methods for collecting data | **Methods of collecting information to analyse factors impacting on performance****Application of recognised tests or analytical tools for collecting information** * using analytical tools across all four factors

**Appropriateness of methods for collecting information** * Required protocols and organisational considerations exist to ensure information collection methods are reliable, valid, practical
* Methods are suitable for the activity, factor and context where information is being collected
* Methods enable useable information to be collected
* Methods enable ease of interpretation
* Quantitative information gathered

**Key Planning Information****Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development** * characteristics of each type of information
* appropriateness of each type of information
* using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development
* interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends
* identify priorities for performance development across all four factors
* establish the starting point for development planning
 |  |
| Week 32/9 | Physical (Fitness) | Introduce ApproachesPrinciples of TrainingPlan PDP (in practical) Theory – Plan PDPIntroduce target setting | **Performance Development Process****Approaches to meet performance development goals** * Approaches that are appropriate for Physical Factor

**Production and implementation of Personal Development Plans (PDPs)*** Use of relevant performance development principles (PoT)
* Implementation of the Approaches

**Key Planning Information****Purpose of specific performance development planning** * Address priorities that have been identified
* Select appropriate approaches for performance development

**Performance Development Goals*** goals based on information collected when identifying and prioritising performance development needs
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| Week 49/9 | Physical (Fitness) | Session 1Session 2Theory – Expand on Target Setting | **Key Planning Information****Performance Development Goals*** short, medium and long-term goal setting
* impact of goals on performance development process
* use of goal setting as a means of monitoring and evaluating performance development process
 | Homework Sampling – Swap 3 jotters across classes |
| Week 516/9 | Physical (Fitness) | Session 3Session 4Theory -  | **Recording, Monitoring and Evaluating Performance Development****Adapting performance development plans*** adapting development sessions
* if approaches being used are not achieving performance goals
* if performance goals have been achieved sooner than planned
* resetting performance goals to allow for future progression
 |  |
| Week 623/9 | Physical (Fitness) | Re-testCatch upTheory – Target setting and Re-test as method of monitoring/evaluating | **Recording, Monitoring and Evaluating Performance Development****Evaluation of the performance development process*** progress identified from evidence of recording and monitoring methods, tests or tools
* interpreting results to draw conclusions and inform future development needs
* impact on performance development process
* impact on overall performance

**Factors Impacting Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** * subsequent impact (positive or negative) of all factors on performance at the completion of PDP
 | Plan October Unit Test/Marking Scheme |
|  |  | **September Weekend** |  | Holiday |
| Week 71/10 |  | Revision periods (classroom) |  | October Unit Test |
| Week 8 7/10 | Physical (Skill)Emotional | Factors Impacting PerformancePhysical (Skill)Emotional Theory - Command Words and FIP | **Factors Impacting on Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** * individual performance and performance development process
* potential impact of one factor upon other(s) in performance and performance development process
 | Cross-marking of October Tests – Split papers and moderate |
|  |  | **October Week** | Key revision topics: Physical fitness Cycle of Analysis, Factors Impacting Performance, Target Setting, Principles of Training | In-service day: Moderate practical performances |
| Week 9 22/10 |  | One off Performance PreparationDiscuss criteria/expectationsTheory – Scenarios/October Test Feedback |  | Complete Interim Report |
| Week 10 28/10 |  | **One-off Performances****WB 4/11** |  | Interim Report IssuedOne-off performances WB 4/11 |
| Week 114/11 | Physical (Skill)Emotional | Methods of gathering information – analytical toolsVideo Analysis in conjunction with GOS/FOS (Qualitative and Quantitative)PPW (Emotional)– QuantitativeQuestionnaires (Emotional)– Qualitative and QuantitativeTheory – Review benefits and limitations of each as discussed in practical.Introduction to Model Performers | **Methods of collecting information to analyse factors impacting on performance****Application of recognised tests or analytical tools for collecting information*** using analytical tools across all four factors

**Appropriateness of methods for collecting information*** required protocols and organisational considerations exist to ensure information collection methods are reliable, valid and practicable
* methods are suitable for the activity, factor and context where information is being collected
* methods enable useable information to be collected
* methods enable ease of interpretation
* qualitative (subjective) and/or quantitative

**Use of Model Performer*** use of model performance and model performer to exemplify required standards and characteristics across all four factors
* use of model performance and model performer as a:

— motivational aid — comparison tool — basis of data collection criteria — means to provide feedback  |  |
| Week 1211/11 | Physical (Skill)Emotional | Approaches to Develop PerformancePhysical (Skill)EmotionalTheory – Plan PDP | **Performance Development Process****Approaches to meet performance development goals** * approaches that are appropriate for each of the four factors

**Key Planning Information****Purpose of specific performance development planning*** address priorities that have been identified
* select appropriate approaches for performance development
* consideration of the time allocation for the Personal Development Plan (PDP)
* maintenance of strengths across all four factors
* specificity in relation to:

— the overall aims of the Personal Development Plan (PDP) — the performer, i.e. strengths and development needs identified — the performer’s role, responsibility, position in the activity * nature, type of activity, environment and demands of the activity
 | Homework Sample |
| Week 1318/11 | Physical (Skill)Emotional | Session 1Session 2Theory – Recording, Monitoring and EvaluatingTraining Diary and Re-test | **Performance Development Process****Production and Implementation of PDP*** Experience of creating and implementing PDP over a minimum of 3 sessions for at least two factors
* Implementation of the approaches
* Use of relevant performance development principles

**Recording, Monitoring and Evaluating Performance Development****Purpose and value of recording, monitoring and evaluating performance development*** recording — keeping accurate records in a format which captures progress (or otherwise) being made throughout the implementation of the Personal Development Plan (PDP)
* monitoring — checking records containing details of progress, leading to consideration of changes and adaptations during the performance development process
* evaluating — making informed decisions based on evidence recorded from the monitoring process to judge the effectiveness of the performance development process
 |  |
| Week 1425/11 | Physical (Fitness)Emotional | Session 3Re-testTheory – Evaluating effectiveness of PDP | **Recording, Evaluating and Monitoring Performance Development****Recording and monitoring methods, tests or tools*** characteristics of these methods, tests or tools
* application of the method, test or tool — set-up, protocols and timing
* appropriateness of the method
* reliability, validity and practicability of the selected method
* interpreting results to draw conclusions and inform adaptations

**Evaluation of Performance Development Process*** progress identified from evidence of recording and monitoring methods, tests or tools
* interpreting results to draw conclusions and inform future development needs
* impact on performance development process
* impact on overall performance

**Future Performance Development Planning*** extending or reprioritising the focus of the Personal Development Plan (PDP)
* establishing next performance development goals

**Factors Impacting Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** * subsequent impact (positive or negative) of all factors on performance at the completion of PDP

  | Meeting to plan December Unit Test/Marking Scheme |
| Week 15 2/12 | Physical (Fitness)Emotional | Catch-up on sessionsRevision |  |  |
| Week 169/12 | Social | Lesson 1 - Factors Impacting PerformanceLesson 2 – Methods of gathering informationPPW – QuantitativeSocial Questionnaire – Qualitative**Theory – December Unit Test****Key revision areas:**Physical Skill and Emotional Cycle of AnalysisModel Performers (Video and PPW)Methods of Recording, Monitoring and Evaluating, Scenarios | **Factors Impacting Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** positive and negative impact of factors on: — team or group performance and performance development process* potential impact of one factor upon other(s) in performance and performance development process
* subsequent impact (positive or negative) of all factors on performance at the completion of a Personal Development Plan (PDP)

**Methods of collecting information to analyse factors impacting on performance** **Application of recognised tests or analytical tools for collecting information*** using analytical tools across all four factors
 | December Unit Test |
| Week 1716/12 | Social  | Lesson 1 - Methods of gathering information (continued)PPW - QuantitativeSocial Questionnaire – QualitativeLesson 2 – Approaches to develop performance  | **Key Planning Information** **Interpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development** * characteristics of each type of information
* appropriateness of each type of information
* using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development
* interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends
* identify priorities for performance development across all four factors
* establish the starting point for development planning

**Performance Development Process****Approaches to meet performance development goals**- approaches that are appropriate for each of the four factors  | Cross-marking December Unit Test |
|  |  | **Christmas Holidays** |  |  |
| Week 186/1 | MentalPhysical Tactics | Factors Impacting Performance* During Performance (team – discuss individual examples through theory)
* Factors impacting other factors
 | **Factors Impacting Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** * positive and negative impact of factors on:

— team or group performance and performance development process * potential impact of one factor upon other(s) in performance and performance development process
* subsequent impact (positive or negative) of all factors on performance at the completion of a Personal Development Plan (PDP)
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| Week 1913/1 | MentalPhysical Tactics | Methods of Gathering InformationMental – PPW (Quant)Questionnaire (Qual and Quant)Physical – Video/Observation Schedule/**Feedback**Theory – FeedbackInterpretation of qualitative and quantitative information to allow identification of strengths and prioritise areas for development  | **Methods of collecting information to analyse factors impacting on performance** **Feedback:*** receiving:

— listening, respect * accepting:

— trust, interpreting the information, tool for motivation, implementation of recommended changes as a result of feedback * giving:

— appropriateness and types of feedback, quantity and depth * timing of feedback:

— immediate, delayed, continuous (before, during and after implementation of Personal Development Plan (PDP) or performance) **Key Planning Information** **Interpretation of qualitative and quantitative information to allow identification if strengths and prioritise areas for development*** characteristics of each type of information
* appropriateness of each type of information
* using a combination of qualitative and/or quantitative information to identify immediate and future development needs when planning performance development
* interpreting the information to draw conclusions, identify and diagnose strengths or development needs and patterns or trends
* identify priorities for performance development across all four factors
* establish the starting point for development planning
 | Complete Full Reports |
| Week 2020/1 | Mental Physical Tactics | Approaches to Develop PerformanceLesson 1 – Physical TacticsLesson 2 – MentalTheory – Plan PDP | **Performance Development Process****Approaches to meet performance development goals**Approaches that are appropriate for Physical Factor**Production and implementation of PDP’s**Use of relevant performance development principles (PoT)Implementation of the Approaches**Key Planning Information****Purpose of specific performance development planning*** address priorities that have been identified
* select appropriate approaches for performance development
* consideration of the time allocation for the Personal Development Plan (PDP)
* maintenance of strengths across all four factors
* specificity in relation to:

— the overall aims of the Personal Development Plan (PDP) — the performer, ie strengths and development needs identified — the performer’s role, responsibility, position in the activity  nature, type of activity, environment and demands of the activity **Performance Development Goals*** goals based on information collected when identifying and prioritising performance development needs
 | Full Reports Issued |
| Week 21 27/1 | Mental Physical Tactics | PDP Session 1PDP Session 2Theory – Appropriateness of approaches etc/Scenarios | **Performance** **Development Process****Production and implementation of PDP’s*** experience of creating and implementing a Personal Development Plan (PDP) over a minimum of three sessions for at least two factors
* implementation of the approaches
* use of relevant performance development principles

**Recording, Monitoring and Evaluating Performance Development****Adapting performance development plans*** adapting development sessions
* if approaches being used are not achieving performance goals
* if performance goals have been achieved sooner than planned
* resetting performance goals to allow for future progression
 | Homework Sampling |
| Week 223/2 | Mental Physical Tactics | PDP Session 3Re-testTheory – Collate results, effectiveness of recording, monitoring and evaluating, future development needs | **Recording, Monitoring and Evaluating Performance Development****Evaluation of the performance development process*** progress identified from evidence of recording and monitoring methods, tests or tools
* interpreting results to draw conclusions and inform future development needs
* impact on performance development process
* impact on overall performance

**Future performance development planning*** extending or reprioritising the focus of the Personal Development Plan (PDP)
* establishing next performance development goals

**Factors Impacting Performance****Potential impacts of mental, emotional, social and physical factors on performance and performance development process** * subsequent impact (positive or negative) of all factors on performance at the completion of PDP
 |  |
|  |  | **February Weekend** |  | In service day: Plan prelim/marking schemeModerate one-off performances\* |
| Week 2312/2 |  | Catch-up/Revision | Key revision areas from last block:Social, Physical Tactics and Mental Cycle of Analysis, Feedback (with video), Model Performers (PPW) |  |
| Week 2417/2 | Prelim Preparation | Revision |  | Moderate one-off performances |
| Week 2524/2 | Prelim Preparation | Revision/One-off Performance |  |  |
| Week 262/3 |  | **One-off Performances** |  |  |
| Week 279/3 |  | Revision |  |  |
| Week 2816/3 |  | Revision |  | Complete Interim Report  |
| Week 2923/3 |  | Revision |  | Interim Report Issued |
| Week 3030/3 |  | Revision |  |  |

Physical (Fitness) = 6 weeks

Physical (Skill) and Emotional = 6 weeks (including one revision/catch-up week)

Physical (Tactics) and Mental = 6 weeks (including one revision/catch-up week)

Social = 2 weeks