** Dec 2017 v.1**

**National 5**

**Physical Education**

**Course Assessment**

**Candidate Portfolio Notes**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Section 2: Planning, developing and implementing**

**approaches to enhance personal performance**

Choose **two** of the factors you selected in Section 1 and any **one** physical activity for which you will provide evidence in your portfolio.

**Activity:**

**Factor 1:**

**Factor 2:**

 **2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)**

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**2b (i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)**

**2b (ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)**

**2c Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)**

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**2d Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)**

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**2e From the data you have gathered and included in your portfolio, describe your strengths and development needs in relation to both factors. (4 marks)**

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**2f Identify an appropriate target for each factor**

**Factor 1 Target: (1 mark)**

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**Factor 2 Target: (1 mark)**

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**2g Explain why it is important to set targets when creating a personal development programme. (3 marks)**

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**2h (i) From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)**

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**2h (ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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**2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)**

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**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)**

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**3b Explain why it is necessary to monitor your performance development. (3 marks)**

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**3c (i) Select and describe a method that you used to monitor factor 1. (2 marks)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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**3c (ii) Select and describe a method that you used to monitor factor 2. (2 marks)**

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**3d Evaluate the effectiveness of your personal development programme.**

**(6 marks)**

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**3e Evaluate your performance in the two selected factors.**

**(4 marks)**

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**3f With reference to your current performance, justify the next steps in planning for your future performance development.**

 **(4 marks)**

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