National Qualifications PE

FACTORS AND FEATURES AND METHODS OF GATHERING INFORMATION

OFFICIAL HOMEWORK ONE

1. **Describe** in detail **one** method you have used to gather information on physical factors (4)
2. **Explain** the potential impact of **physical** factors on your performance in an activity of your choice. (4)
3. **Explain** the potential impact of **mental** factors on your performance in an activity of your choice. (4)
4. **Explain** the potential impact of **social** factors on your performance in an activity of your choice. (4)
5. **Explain** the potential impact of **emotional** factors on your performance in an activity of your choice. (4)

**Total Marks Available- 20**

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| Mental | Emotional | Social | Physical |
| -Decision Making-Concentration -Anxiety-Problem Solving-Information Processing-Motivation | -Anger-Anxiety-Confidence-Resilience | -Communication-Etiquette-Team Dynamics | Skill | Tactical | Fitness |
| -Skill Repertoire-Accuracy -Consistency  | -Playing to your own Strengths-Playing to an opponent’s Weakness-Defensive Strategies-Offensive Strategies | -Cardio Respiratory Endurance-Speed-Muscular Endurance-Power-Agility-Flexibility |