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 |