* 1. Analysing methods used to identify factors impacting on a performance
* How did you do it?
* What did you hope to achieve from doing this?
* What did you find out? (Actual Evidence)
* Why did you do it? Reliability? Specificity?
  1. Evaluating the impact of positive and negative factors on a performance
* Provide a positive and a negative example from two factors that have affected you in your chosen sport.
* e.g. Factor 1 – Physical Skills – positive impact on your performance, how do you know?

Factor 1 – Physical skills – negative impact on your performance, how do you know? Make your intentions clear in terms of future development and prove this is a major weakness and is hampering your performance in your activity – back up with evidence!

Same for factor 2 – emotional

* Give plenty of detail on how these affected you, however, make sure you know training approaches to solve stated negatives. (This is needed in 1.3) So choose wisely. Relate all your answers to Badminton only.
  1. Explaining approaches to performance development based on these evaluations
* Link the negatives you have stated for both factors in 1.2 to an appropriate training approach. These approaches must be separate, and you must have one approach for each of the two factors.
* Select an approach to solve your weaknesses.
* Justify **why** you have chosen this approach.
  1. Producing a personal development plan that sets appropriate development targets
* Create a 4 week development programme to improve your weaknesses from your two chosen factors. Eg, Factor 1 - Physical (skills) Factor 2 - Emotional (anger)
* Give a break down of each week and what training you will do – use training programme template.
* Include long term and short term (weekly) targets in terms of times, scores, success percentages etc.
  1. SELECTING METHODS TO RECORD AND MONITOR DEVELOPMENT
* Show how you are going to keep a track of what you achieve during training E.g Training Diary, Method of retesting specific to your needs
* Provide **two** methods of monitoring your development and **two** reasons **why** you used this method. One method of development for each factor.
* Think about , validity, reliability, repeatability, specificity, ease of use etc.

**2.3** Implementing the development plan

* Provide evidence of your actually doing the programme. This can take any form you wish and will include videos you have taken throughout your sessions.

**2.4** Evaluating the effectiveness of the development plan and the methods used to monitor development

* Was your training plan a success/failure?
* How do you know? Provide at least **two** evaluative points for each factor.
* Were your monitoring methods effective?
* How do you know? Provide at least **one** evaluative point about your monitoring method

**2.5** Identifying and justifying decisions relating to future personal development needs

* Identify **two** future development areas from **two** **other** **factors**. One for each new factor, Eg, Mental and Physical Tactics or Physical Fitness. Use information booklets to help you.
* Justify your selections and state **why** improving these will enhance your overall performance.

***Describe*** [](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http%3A%2F%2Ffloridakeysonthecheap.com%2F%3Fattachment_id%3D6502&ei=LuPRVKibH8XSaK_rgfgL&bvm=bv.85076809,d.d2s&psig=AFQjCNFbABCvdMy42saW_wGAj51okxZptQ&ust=1423127722512598)

* What does it look like?
* What are the main features?
* More than an outline or list

***Explain***

* Make points which relate cause and effect
* Make relationships between things clear
* May include some evaluation or analysis

***Analyse*** 

* Identify relationship between component parts
* Make clear implications of details given
* Present evidence and make clear patterns or trends
* ‘Data driven’

***Evaluate*** [](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http%3A%2F%2Ffunny-pictures.picphotos.net%2Fpictures-balancing-weighing-scale-clipart-illustration-by-geo-images%2Fchangerevolution.co.uk*scales-smallest.JPG%2F&ei=yOTRVNjRPI3taoy1gugB&bvm=bv.85076809,d.ZGU&psig=AFQjCNEKkHaHJAiOtHI-XFSMT4o5_oka9w&ust=1423128070379766)

* Make a judgement, appraisal or verdict based on evidence
* Justify decisions taken
* Give a value or merit