**Appendix 1: Assessment information for candidates**

This assessment applies to the following Outcomes and Assessment Standards for the *Physical Education: Factors Impacting on Performance* (Higher) Unit.

**Outcome 1**

Analyse and evaluate factors that impact on performance in physical activities by:

1.1 Analysing methods used to identify factors impacting on a performance

1.2 Evaluating the impact of positive and negative factors on a performance

1.3 Explaining approaches to performance development based on these evaluations

**Outcome 2**

Evaluate the process of personal performance development by:

2.1 Producing a personal development plan that sets appropriate development targets

2.2 Selecting methods to record and monitor development

2.3 Implementing the development plan

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

2.5 Identifying and justifying decisions relating to future personal development needs

To pass this assessment you will have to show that you have met these Outcomes and Assessment Standards. Your assessor will let you know how the assessment will be carried out and any required conditions for doing it.

You must complete two tasks to pass this assessment for this Unit.

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| **Task 1**  Analyse and evaluate factors that impact on performance in physical activities.  You can refer to your own or someone else’s performance in this task. |

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| **Task 2**  Evaluate the process of personal performance development.  You must refer to one performance of your own in this task. |

The evidence for Tasks 1 and 2 will be generated during assessment opportunities set up by your centre. To help you record your evidence, a series of prompts relating to the evidence you are required to produce has been provided below.

**Task 1: Analyse and evaluate factors that impact on performance in physical activities**

* First, you should choose **two** factors that impact on performance. These should be two different factors from: mental, emotional, social or physical. Then you should choose one recognised method used to identify each of your chosen factors. The methods chosen for each factor should be different.

For each of your chosen methods, you should identify at least **two** relevant aspects of the method, and analyse the relationships between these aspects and your chosen factors. Your analysis could include considerations such as:

* the validity and reliability of the method
* the specificity of method to the factor
* the ease of carrying out method
* the consideration of specialist equipment/cost implications
* the protocols of the method
* or any other relevant considerations
* Next, you should evaluate the positive and negative impact of factors on a performance. You can refer to your own performance or someone else’s performance. Again, you need to choose two factors to focus on from: mental, emotional, social or physical. These factors can be the same or different factors from those used above.

For each of the **two** factors, you must include:

* at least one specific positive impact of the factor on performance
* at least one specific negative impact of the factor on performance
* Finally, you should then explain **two** different approaches to performance development based on this evaluation. Both of the approaches could be for the same factor impacting on performance or you could use one approach for one factor and a different approach for another factor. In your explanation, you should clearly specify the relevance of the approach you have chosen to the factor(s) you have focused on.

**Task 2: Evaluate the process of personal performance development**

* First, you should construct a personal development plan (PDP) for yourself that sets appropriate development targets. You will need to choose two factors on which to focus, from: mental, emotional, social and physical. These can be the factors you’ve used in your first task, but don’t need to be.

Your personal development plan must include:

* an aim for one physical activity
* at least one development target for each of the two factors selected
* at least one approach to develop performance that will meet each of these targets
* Next, you should select **one** method for recording and **one** method for monitoring your performance development. These methods must be different from each other.

You should include at least **two** reasons for the selection of your recording method and at least **two** different reasons for the selection of your monitoring method. You should explain the reason for the selection of the methods in terms of:

* ease of use
* validity
* reliability
* repeatability
* specificity
* or any other appropriate feature
* Then, you should implement your performance development plan.

Your assessor might observe and record you implementing parts of your development plan. You must also provide any relevant evidence which shows how you have implemented your plan. The assessor might also ask you questions about how you implemented your plan.

* After you have implemented the performance development plan, you should provide an evaluation of the effectiveness of the plan.

Your evaluation must include:

* at least two evaluative points about the effectiveness of the development plan
* at least one evaluative point about the method used to monitor development
* Finally, you should identify at least **two** future development needs in relation to **two** different factors from: mental, emotional, social and physical. These factors do not need to be the same factors mentioned at the beginning of Task 2.

You should justify how meeting each of these future personal development needs would further develop your own personal performance.