**Physical Education Department**

**National 4 Candidate Workbook**

**Factors Impacting Performance Unit**

**Name:**

**Activity Selected:**

This workbook will provide the evidence which is needed to assess your ability to demonstrate your knowledge and understanding of **Factors that Impact on Performance** in physical activities.

* 1. **Describe a method used to identify factors impacting on performance.**

**Factor:**

|  |
| --- |
|  |

**What method did you use:**

|  |
| --- |
|  |

**Describe the method you used:**

|  |
| --- |
|  |

**1.2 Describe the impact of two factors — chosen from mental, emotional, social and physical on performance.**

**Factor 1:**

|  |
| --- |
|  |

**What is the impact of this factor on performance?**

|  |
| --- |
|  |

**Factor 2:**

|  |
| --- |
|  |

**What is the impact of this factor on performance?**

|  |
| --- |
|  |

**1.3 Identify a factor that might affect a performance.**

**Describe an approach to develop this factor and so improve performance. Think**

**about what the main issues would be when following this approach.**

**Factor:**

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| --- |
|  |

**Approach:**

|  |
| --- |
|  |

**Description of approach?**

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| --- |
|  |

**2.1 From your performances, identify one strength and two areas for development in a performance.**

**Strength:**

|  |
| --- |
|  |

**Development Area 1:**

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| --- |
|  |

**Development Area 2?**

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| --- |
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**2.2 Prepare and implement, with some support, a simple development plan you think will help improve your performance.**

Your assessor will observe you implementing part of your plan on a minimum of three occasions. You should show:

**What are you trying to improve:**

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| --- |
|  |

**How long will the development plan last:**

|  |
| --- |
|  |

**How many sessions?**

|  |
| --- |
|  |

**How will you know if it is improving your performance?**

|  |
| --- |
|  |

**Attach your performance development plan to your workbook.**

**Session 1**

**What did you do? Give details:**

|  |
| --- |
|  |

**How did you monitor:**

|  |
| --- |
|  |

**What did your monitoring show?**

|  |
| --- |
|  |

**Session 2**

**What did you do? Give details:**

|  |
| --- |
|  |

**How did you monitor:**

|  |
| --- |
|  |

**What did your monitoring show?**

|  |
| --- |
|  |

**Session 3**

**What did you do? Give details:**

|  |
| --- |
|  |

**How did you monitor:**

|  |
| --- |
|  |

**What did your monitoring show?**

|  |
| --- |
|  |

**3.1 Record and submit evidence of seeking two different examples of feedback from others which evaluate your performance development plan.**

Your feedback must come from other people, eg classmates/teachers/coaches.

You might include - Questions and answers

 - Peer evaluations

 - Written comments from teacher/coach

*These are only suggestions. You might have other forms of feedback*

|  |
| --- |
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**3.2 Review the effectiveness of your development plan in supporting your performance development.**

**You must make at least 2 comments. Any comment must be based on evidence gathered or feedback received:**

**How well did your plan work?**

|  |
| --- |
|  |

**Which parts of the plan helped most?**

|  |
| --- |
|  |

**Were there any parts which didn’t help?**

|  |
| --- |
|  |

**3.3 Reflect on performance progress based on all information gathered.**

Look at all the information available to you (data, feedback, session records, etc). What has changed about your performance?

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**3.4 Identify two future development needs.**

Choose two other areas of your performance which you could develop in the future. What could you do to make your performance even better?

**First area for development:**

|  |
| --- |
|  |

**Second area for development?**

|  |
| --- |
|  |

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**Activity Selected: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| **Outcomes** | **Units** | **Pass/Fail**  | **Pass/Fail**  | **Pass/Fail**  |
| Outcome 1 | 1.1 |  |  |  |
|  | 1.2 |  |  |  |
|  | 1.3 |  |  |  |
| Outcome 2 | 2.1 |  |  |  |
|  | 2.2 |  |  |  |
|  | 2.3 |  |  |  |
| Outcome 3 | 3.1 |  |  |  |
|  | 3.2 |  |  |  |
|  | 3.3 |  |  |  |
|  | 3.4 |  |  |  |

PASS FAIL Teacher Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_