

# Candidate 4 evidence

## Section 1: Understanding factors that impact on performance

For each factor, Mental, Emotional, Social and Physical, explain its impact on performance. (8 marks)

In your answer you may provide a general response or relate to an activity or activities.

Factor 1: The physical factor of CRE has a positive impact on my performance in football. During a game I do not get tired very quick and my effort levels stay the same throughout. This results in me not losing focus and being able to keep the ball and have a chance to score.

The physical factor of shooting has a negative impact on my performance in football. If my shooting is poor I won't be able to score when the ball is passed to me. This means that we might not win as we haven't scored any goals.

Factor 2: the social factor of communication has a negative impact on my performance in football. If I have poor communication I won't shout for the ball when I am in a good space. This results in me not getting the ball and not having a chance to score.

The social factor of communication has a negative impact on my performance in football. If I have poor communication I won't tell my teammate that he has a man on. This means that my teammate will lose the ball as the don't know someone is there. This results in the opposition getting the the ball and having a chance to score.

Factor 3: The emotional factor of anger has a negative effect on my performance in football. I get really frustrated when my teammate makes a mistake and I often lose concentration. This results in me not being focused and I then lose the ball and the other team gets an opportunity to score.

Factor 4: The mental factor of concentration has a positive impact on my performance in football. If I have good concentration I will not lose focus will not let the opponent get away from me. This means that the opponent will not be able to get the ball and won't get a chance to score.

The mental factor of anxiety has a negative impact on my performance in football. If I am playing in a cup final I become very anxious and end up losing concentration and making the wrong decisions. This results in me losing the ball and giving the other team possession of the ball.

## Section 2: Planning, developing and implementing approaches to enhance personal performance

Choose **two** of the factors you selected in Section 1 and any **one** physical activity for which you will provide evidence in your portfolio.

Activity: Football
Factor 1: physical
Factor 2: emotional

2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)

<p>Physical-general observation schedule One challenge the General Observation Schedule is that your observer might miss something you do this means that your results will not be accurate as the observer has not seen everything.</p> <p>Another challenge is you may perform differently due to pressure this means that your results won't be a true representation of your skill level.</p> <p>Emotional-discipline record One challenge to the Discipline Record is that your observer might not be concentrating and not mark anything down and quickly write down answers at the end this means that your results would be unreliable because nothing is true to what you had done.</p>
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2b (i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

Factor 1: Physical-General Observation Schedule

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

Factor 2: Emotional-Discipline Record

2c Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

Method: General observation schedule

A method of data collection i used to gather data on the physical factor of skill was the general observation schedule(G.O.S).The G.O.S is a sheet of A4 paper with a column along the top and along the left side of the page. It has a wide variety of skills on the side such as shooting, long passing or short passing. Along the top is a list of different performance levels ranging from highly effective to ineffective. I got an observer to watch me play 3 games of 11-a-side football 90 minutes long against teams of similar ability to mine. Everytime the observer saw me do a skill on the sheet they would tick the box of the skill I done and how effective or ineffective it was. after the game was finished I collected the results I can store them away to review after I test myself again.

2d Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

One reason I used the general observation schedule(G.O.S) because it is easy to set up this means that i can to re-test it easily under the same conditions as the first time i done it.

A second reason that i used the G.O.S is that it is like a game situation this means that the results are more accurate because i am in a more competitive environment.  
the general observation schedule.

Another reason is that it is a permanent record this means that when i come to re-testing i can compare my results from before and after to see if i have improved.

2e From the data you have gathered describe your strengths and development needs in relation to your performance for both factors. (4 marks)

I identified that my physical factor of shooting in football is a weakness. During the game I have good scoring opportunities but I cannot hit the target. This means that we don't score and might not win the game.

I identified that my emotional factor of anger in football is a weakness. During the game if my teammates or myself make a mistake I get frustrated. This means that I lose concentration and can't focus on winning the game.

I identified that my physical factor of throwing is a strength. During the game I get opportunities to take throw-ins that i can throw into the box. This means we get more chances to score.

I identified that my physical tackling in football is a weakness. During the game I need to make tackles to stop the other team from scoring but I cannot tackle correctly. This means that the opponent will get past me resulting in a goal which could lead to us losing the game.

2f With reference to the data, identify an appropriate target for each factor.

(i) I aim to improve my physical factor of shooting in football. I aim to reduce the amount of shots I miss. I aim to achieve this by the end of the season in June.

(ii) I aim to improve my emotional factor of anger in football. I aim to reduce the amount of time I chat back to referee and get frustrated at personal and teammates mistakes. I aim to do this by January

2g Explain why it is important to set targets when creating a personal development programme. (3 marks)

Setting goals keeps me motivated this means that I am focussed on developing my weakness during my training program.

It is important to set goals because it gives you as long term vision this means that I can plan a training program that includes approaches specific to my development areas.

Setting goals can help you be more focussed on completing your goal this means that you will be able to achieve your goal faster and you will gain confidence from this and try to get better at other skills within the sport.

**Personal Development Programme (PDP) Table**

Do not submit your PDP but you must transfer the relevant information from your PDP into the table below.

	Factor 1	Factor 2
Approaches you used in your development programme	repetition-drills conditioned games	controlled breathing positive self talk
Length of each session	30 mins	10 mins
How many training sessions per week	4	4
Who you trained with	friends of similar ability	myself
Methods used to monitor your programme	re testing	re testing

## Describing approaches to develop performance

2h (i) From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)

Approach for Factor 1: An approach I used to develop the physical factor of shooting was a repetition drill.  
I went to a park with an 11-a-side football pitch and got a friend to go as the goalkeeper. before I started shooting I thought about the correct technique. I then took 15 shots from outside the box and had an observer count how many shots I got on/off target and then recorded them.

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

Approach for factor 2: Approach for Factor 2: An approach I used to develop the emotional factor of anger was controlled breathing.  
I went to a quiet room on my own before a game and took a deep breath in through my nose for 5 seconds and breathed out through mouth for 5 seconds. I done this for 2 minutes.

2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

I decided to use conditioned games in my training program. I had to decide the condition for my game. This means that I was able to develop my weakness in a competitive situation.

I decided who I was going to do my training programme with. I decided to pick someone with a similar ability to me. If I decided to have some not as good as me or to good for me then I wouldn't improve as quick or I would be too challenged and become demotivated.

I decided how I was going to monitor my training programme. I decided to video my training programme so that I can see my improvement clearly and accurately. I included this during week 3-5 of my training programme so that i could make necessary changes.

Evaluate the effectiveness of your personal development programme. (6 marks)

The training program I completed was effective because it was specific to my weakness of shooting because I used specific drills for example feeder practice and pressure practice. This means that I can improve quicker as I am focussing on in one development area.

The training program I completed was ineffective because I had too many rest days. This means that I will not improve as I am resting too often.

The training program I completed was effective because I enjoyed it. I enjoyed it because included approaches that I would enjoy like a conditioned game. This means that I stayed motivated throughout my training as I was doing drills I knew I would enjoy.

3e Evaluate your performance in the two selected factors. (4 marks)

I am now more confident in using my long throw to help give my team an advantage. I can use the right technique to throw the ball further. This means that I am able to get the ball into the box and give my team an opportunity to score.

I am now able to perform more complex skills in football. I can beat the defender as I am unpredictable and they won't know what skill use. This means that my team will be in an attacking position and can have a chance to score.

I can now effectively score from close range in football. If I am in a tight space in the box I can shoot and get the ball on target. This means that I can score and help my team win.

I can now effectively control my emotions. I am able to stay calm when my teammates make a mistake. This means that I don't lose concentration and can keep possession of the ball and get a chance to score.

3f With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)

I have shown some improvement in my shooting in football and when I plan for the future I will do harder shooting drill so that my shooting will improve even more. so that I can score more goals in a football game.

By using a general observation schedule I have found that the physical factor of passing is still a strength and when I plan for the future I will not include as many drills with passing so that I can focus on improving my weaknesses.

I have shown some improvement in my anger in football. I don't chat back to the referee as much and don't get annoyed at teammates and when I plan for the future I will do longer controlled breathing for longer and try to use it in a game so that I can focus on the game.

I have identified that the social factor of communication is a weakness in football. I don't ask for the ball when I am in space. when I plan for the future I will include lots of practices to improve my communication for example only using hand gestures to receive the ball.



## Describing methods to monitor performance

3c (i) Describe how you monitored your programme of work for factor 1. (2 marks)

I used a training diary to monitor the physical factor. A training diary is a piece of A4 paper where you have a scale of 1-10 at the top where before your training session you rate it how hard you think it will be. There is a box in the middle of the paper where you write what you done and what you liked/disliked about your training session. at the bottom of the page there is another scale from 1-10 which you rate how hard your training session actually was.

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

I re-tested using a discipline record to monitor my emotional factor of anger. I got an observer to watch me play a game of 11-a-side football game. the observer would have a sheet of paper with headings down the side for example arguing with a team member or arguing with the referee. The observer would put a tick in a box if I had done one of these actions. I made sure I kept the same conditions as the first time and I compared the two results.

# Candidate 5 evidence

## Section 1: Understanding factors that impact on performance

For each factor, Mental, Emotional, Social and Physical, explain its impact on performance. (8 marks)

In your answer you may provide a general response or relate to an activity or activities.

Factor 1: A physical factor that impacted my performance positively in basketball was speed. This is because by having good speed I was able to dribble fast past my opponents and track back when defending on time. The impact of this is I was able to create opportunities as I was faster than my opponents, creating a dangerous attack which my team and I were likely to score for.

A physical factor that impacted my performance negatively in basketball was C.R.E. this is because nearer the end of the game I ran out of energy and was not able to keep up with the pace of the game. The impact of this when my team was attacking I was always late in support, making it harder for us to score or create a chance and when defending I left my team vulnerable as I couldn't track back in time, meaning my team and I were more likely to concede.

Factor 2: A mental factor that impacted my performance positively in basketball was concentration. This is because as I was focused I was able to read the game and understand what was going on. The impact of this was I was more likely to intercept the ball when defending, shutting any opposition attack down which meant my team conceded less points.

A mental factor that impacted my performance negatively in basketball decision-making. This is because I added unnecessary pressure on my team when playing as I did not pass to the right person or I shot from too far away. The impact of this is I wasted valuable opportunities and chances which upset the balance of the game, leading to my team struggling to score points.

Factor 3: An emotional factor that impacted my performance positively in basketball was happiness. This is because as I was happy I was more motivated to play and to play well. The impact of this is I was more determined to win and tried a lot harder when playing with my peers, helping take the load off of them making it easier for everyone to play.

An emotional factor that impacted my performance negatively in basketball was anger. This is because when I was angry I lost my focus and ability to stay level-headed. The impact of this is I was more likely to get annoyed at the referee and other players which led to me committing fouls and getting a time-out, leaving my team very vulnerable in defence making it more likely for the opposing side to score.

Factor 4: A social factor that impacted my performance positively in basketball was etiquette. This is because as I was friendly towards my teammates, opponents and match officials I was able to stay calm and follow the rules of being good sportsman. The impact of this was the overall game was more friendly and there was a lack of tension between the two sides, making playing the game more enjoyable and less dangerous.

A social factor that impacted my performance negatively in basketball was team dynamics. This is because as my team and I were playing basketball our formation was messy and we lacked coordination and communication. The impact of this was my team and I were more likely to make mistakes and feel more pressure when defending as we lacked a sturdy defensive structure, making it easier for the opposing side to score.

## Section 2: Planning, developing and implementing approaches to enhance personal performance

Choose two of the factors you selected in Section 1 and any one physical activity for which you will provide evidence in your portfolio.

Activity: Basketball
Factor 1: Physical
Factor 2: Mental

- 2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)

A challenge I faced from gathering reliable data during the TROS was the likelihood of human error. This means that the information gathered during the TROS was inaccurate as the ticks and crosses were incorrect. The impact of this is it is unreliable and paints a false image of my ability and potential.

A challenge I faced from gathering reliable data during the SCAT was peer pressure. This was because as I wanted to be as good as my peers I falsified my information to fit in. The impact of this was it was not truly reflective of myself and therefore unreliable.

A challenge I faced from gathering reliable data during the TROS was the battery ran out of power during the recording. This is an issue because the full time I was being tested my performance was not getting tracked, therefore leaving me with a lack of data. The impact of this was I did not have a sufficient amount of data to come to any conclusions so the data was not reflective of myself and therefore unreliable.

- 2b (i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

Factor 1: TROS

- (ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

Factor 2: SCAT

- 2c Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

Method: TROS

At the start of my training programme I gathered information through the TROS. For the TROS I used a video recorder to record myself and got one of my peers to record me playing basketball. I completed the performance and TROS inside the school in the Large PE games hall. The TROS has three main headings with further subheadings. Support Attack and Man to Man Defence are within Positioning. Walking, Jogging,  $\frac{3}{4}$  run and sprint are within Movement. Passing, shooting and dribbling are under the heading of Skills. After my performance I could replay the footage and accurately mark down with a pen my results on the TROS Sheet. I tally marked each time I ran, walked if I was supporting an attack or getting involved in a Man to Man defence etc. I used ticks or crosses under the appropriate headings relating to my performance under the main heading skills to show if I was unsuccessful or successful in passing, shooting and dribbling. Also I marked down my results under the appropriate time scale. I collected all my data during from watching my performance back and therefore could easily see the result of my performance during the game and what I had to improve on.

- 2d Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

I Used the TROS to gather data because it was practical. This means it was easy to set up and I could set it up anywhere, using any device which could record. The impact of this is it avoided complications and misunderstandings when collecting my data as it avoided human error therefore it was more accurate and reliable.

I used the TROS to gather data because it was easy to analyse. This meant when using the data, I gathered it was easy to transfer the data from the recording to the TROS sheet as I could replay it over and over again to make sure I got every detail correct. The impact of this was the data I collected was very accurate as I took my time gathering my results thus it was very reliable.

I used the TROS to gather data because appropriate. This meant when carrying out the TROS it was relevant as I could measure the levels of my C.R.E. The impact of this was I could understand my strengths and weaknesses and therefore make plans in regards to improving my weaknesses.

- 2e From the data you have gathered describe your strengths and development needs in relation to your performance for both factors. (4 marks)

A strength of mine in basketball is passing. I know this because my TROS shows I have much more ticks than crosses in the passing section. This meant I contributed to my team keeping possession which helped dictate the game leading to many chances.

A weakness of mine in basketball was shooting. I know this because my TROS result shows that I have far more crosses than ticks in the shooting section for the first two quarters. This meant I wasted many opportunities to score points for my team, losing possession resulting in being counter-attacked.

A Weakness of mine in basketball was C.R.E. I know this because during 0-5 minutes I made 7 Sprints however during 15-20 minutes I sprinted less as I only made 3 sprints within that time period. This meant later on in the game I wasn't moving as quickly as I should have. Thus leaving gaps in the defence making it more likely for the other team to score.

A Strength of mine in basketball is I am a good sportsman. I know that because when I completed my S.C.A.T test before playing I ticked the "often" box for "I am a good sportsman when I compete". This meant I was less distracted during the game from fouls or decisions that went against my team and I. Therefore, my anger and frustration was below average and I made more positive decisions.

2f With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1. (1 mark)  
Improve my C.R.E

(ii) Identified target for factor 2. (1 mark)  
Try to get less nervous before playing in a game

2g Explain why it is important to set targets when creating a personal development programme. (3 marks)

Target setting is important as I could adapt my Personal Development Programme. This is because as I could change my PDP to make it harder or easier depending on my level of progress. The impact of this is when I adjust my PDP accordingly I will consistently keep improving.

It is important to set targets as it helps me be motivated. This is because when I meet the targets that I set from week to week I saw my improvement which urged me to keep going. The impact of this is it influenced me to push harder and to keep improving.

It is important to set targets as it helps me gain confidence. This is because as I was continuously meeting my targets I could see that I was improving and that I was performing with more and more belief in my ability. The impact of this was I had motivation to do better and my performance levels increased.

**Personal Development Programme (PDP) Table**

Do not submit your PDP but you must transfer the relevant information from your PDP into the table below.

	Factor 1	Factor 2
Approaches you used in your development programme	Continuous Running Fartlek Training Small Games	Trigger Words
Length of each session	Between 15-25 minutes	Between 15-25 minutes
How many training sessions per week	3	3
Who you trained with	My Peers with similar ability	My Peers with similar ability
Methods used to monitor your programme	Training diary Re-testing	Training diary Re-testing

## Describing approaches to develop performance

2h (i) From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)

Approach for factor 1: An approach I used to develop factor 1 was continuous running. I set up 4 cones in a grid formation on the 3G pitch outside. I done this with peers of similar ability. I ran constantly for fixed period of time each session and increasing the time each week to help develop my C.R.E. I did this at the start of my training programme to get myself into shape for the next parts in the P.E course. I also listened to music during it to keep my tempo up and to make it more enjoyable.

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

Approach for factor 2: An approach I used to develop factor 2 was Trigger word. I did this by saying to myself the word that I decided I was going to use previously to my Personal Development Programme. My trigger word was "keep going". I did this whilst I was outside doing my continuous running. I used my trigger word when I wanted to give up.

2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

I decided to train for 6 weeks because it was the optimum time to get maximum progression. This is because if trained for 1 week it is not enough time to progress. If I trained for 15 weeks, then I would lose motivation. This means I would not be working as hard. Thus 6 weeks training was the best amount to train for as I kept my motivation whilst still improving my ability.

I decided to run with a partner when planning my Personal Development Plan. This is because it motivated me to work harder as I competed with my partner. As a result, I ran further which in turn improved my C.R.E.

I decided to dribble a football during Fartlek training when planning my Personal Development Programme. This is because it was more enjoyable and fun. As a result, I was more motivated to work harder, meaning my C.R.E improved.

I decided to listen to music during Continuous Running when planning my Personal Development Plan. This is because it was enjoyable and fast paced. As a result, it kept my tempo up, meaning I was running fast consistently.



### Section 3: Monitoring, recording and evaluating performance development

- 3a During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

External feedback was useful as it gave me an indication off my progression during my PDP. This is because I knew if I was good enough or not at the task I was completing. As a result, I could work harder if I wasn't during my Personal Development Plan and change my efforts.

Internal feedback was useful because I could understand how tired and fatigued I was during my PDP. This means I knew what to adjust and when to adjust it during my PDP to improve it. Also I knew if I needed put in more, less or the same efforts. As a result, I got the maximum results from My PDP as it was the optimum level of training.

- 3b Explain why it is necessary to monitor your performance development. (3 marks)

One reason why it is necessary to monitor your performance is to find out whether it was working or not. This is because I could see whether or not if my short term and long term goals were getting met. As a result, I could adapt if my performance development was not sufficient enough thus improving/tweaking it.

Another reason it is necessary to monitor your performance is to find out your strengths and weaknesses. This is because by realising my strengths and weaknesses I could focus my attention more directly on my weaknesses and plan new goals for my strengths. As a result, I will constantly keep improving by consistently making progress.

A final reason is it is necessary to monitor your performance is to see if it needs adapting. This is because by adapting my plan could be balanced because I was able to make very easy targets harder and unrealistic targets easier. As I result I kept my motivation as I worked hard towards my targets whilst still meeting them.

## Describing methods to monitor performance

3c (i) Describe how you monitored your programme of work for factor 1. (2 marks)

I did retesting to monitor my Training Programme as an approach to develop my physical factor. I did this because it was to give me an idea of how much I improved and by retesting I would be progressively better each time I did it. For example, I did the bleep test. I retested it months after I originally did it in August. I went from 7.3 to 8.10. I carried out the retesting of the bleep test in the Large game hall and did it with my Peers with a similar ability.

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

I used a training Diary to monitor my Training Programme as an approach to develop my Mental factor. I wrote down my trigger word after each session and took note of whether it helped or not. I could see progressively through the weeks that it did work and that I was to stick to the trigger word. My trigger word I recorded was "keep going".

Also I did retesting to monitor my Training programme as an approach to develop my Mental factor. I retested the S.C.A.T test to see how I improved in regards to my mental factor. I did this on my own away from my peers to avoid peer pressure.

3d Evaluate the effectiveness of your personal development programme. (6 marks)

Small sided games were good because it was fun. It was fun because the games were always intense and different from game to game. As a result, I was motivated to work hard and as a result my C.R.E improved faster.

Training with a partner during continuous running was good because it was competitive. It was competitive because I aimed to beat my partner whilst training. As a result, I was motivated to work harder during my training to make sure I ran further than him, increasing the distance covered.

Training with music during continuous running was good because it was useful. It was useful because I listened to fast paced music during training. As a result, my pace was as fast as the beat and during my training I was faster than my norm, improving my C.R.E quicker.

Continuous running was good because it was enjoyable. It was enjoyable because it was outside and simple to do. As a result, I was happy and motivated to work as hard as I could which improved my C.R.E more fast.

Fartlek training was good because it was easily adaptable. It was easily adaptable as I could shorten how long I walked and lengthened how long I sprinted for. As a result, I was constantly pushing myself as the training course adapted to my improvements therefore always improving my C.R.E effectively and greatly.

Using a variety of practices in my training programme was good. It was good because doing 3 types of training every week - Fartlek, continuous running and small sided games, kept the programme interesting and as fun as possible. As a result, I was working harder during my training because I wasn't bored, which meant my C.R.E improved quicker.

3e Evaluate your performance in the two selected factors. (4 marks)

My C.R.E has improved. This means I can consistently run for longer throughout and especially during the end of a basketball game. As a result, I had more energy near the end of the game than my opponents. Therefore, I could easily dribble past my opponents late in the game making it easier to create an attacking opportunity.

My speed has improved. This means I can run faster during a game of basketball. As a result, I could out pace my opponents when dribbling and attack more dangerously. Therefore, when counterattacking the pace of the game exerted pressure on my opponents.

My concentration has improved. This means I was able to focus more intensely during basketball. As a result, I could read the game better and intercept the ball. Therefore, when defending I have a greater chance of intercepting the ball initiating a counterattack.

My anxiety levels have improved. This means I was more relaxed and calm before and during the game. As a result, I was more level headed and performed better as I had more confidence. Therefore, I made less mistakes and dribbled, passed and shot better.

3f With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)

A next step I will take in planning for my future performance development plan is Change the partner I run with in Fartlek training. This is because running with different people makes things fresh and is a new challenge. The impact off this is my training becomes less casual and more competitive meaning I gain more motivation.

A next step I will take in planning for my future performance development plan is Increase the amount of times I train a week from 3 to 4. This is because it makes sure I am pushing myself and that I do not plateau whilst training. The impact off this is it assures me that I am still improving my C.R.E.

A next step I will take in planning for my future performance development plan is discontinue Continuous running. this is because it was very repetitive and demotivating. The impact of not doing continuous running and doing more of the other available training methods means my training is less boring which helps me gain motivation.

A next step I will take in planning for my future performance development plan is dribble with a football instead off a basketball during fartlek training. This is because I did not find dribbling a basketball fun and would find dribbling a football more fun and something new. The impact off this is I would find Fartlek less boring which will increase my motivation.

# Candidate 6 evidence

## Section 1: Understanding factors that impact on performance

For each factor, Mental, Emotional, Social and Physical, explain its impact on performance. (8 marks)

In your answer you may provide a general response or relate to an activity or activities.

### Factor 1: Physical

If you have good power when playing football, you could have a more powerful shot at goal making the ball move faster so that the defence and the goalkeeper have to react quicker to try and save it. Increasing your chances to score

If you have good agility while you play basketball, you can dribble the ball easier and faster which can make the opponents have to react quicker, increasing their chances to mess up and leave space open which could leave to an effective attack that could cost a lot of points.

### Factor 2: Mental

If you have good concentration during a football match, you would always know where the ball and the opponents are. If you concentrate on where the opponents are you could run in to space and increase your teams chance of keeping possession and building your chances of starting an attack.

If you have high motivation levels in a match of volleyball you might have someone you look up to that you want to be. Having high motivation ensures you will play at your best making you potentially run after a loose ball that will make your team lose a point. After stopping the other team gain a point you now have the power to score for your team.

### Factor 3: Emotional

If you are angry during a game of football you might do things you wouldn't normally do. For example if I were to concede a goal I might get angry causing me to potentially be more aggressive on the pitch causing me to get booked and maybe sent off. This will affect my team as there is more space for the opponents to run causing a better chance for them to score.

If you have fear during a game of rugby this could make you sweat and it will increase your heart rate making you run out of stamina faster causing your opponents to potentially out run you and go to score a try.

### Factor 4: social

If you have good communication during a game of football your team will know where you are on the pitch because you might be shouting that you are in space. Your team knowing you are in space, they might pass to you to ensure possession is kept and increase your chances of producing a successful cross to score a goal.

If you have good relationships with your teammates in volleyball this will lower your levels of anxiety making you feel more comfortable to play. Being comfortable will make sure you communicate more and it will keep you focused. Having low levels of anxiety will make you decrease your chances of messing up, causing you to have good confidence making you produce good volleys to your team to have a better chance of scoring points.

## Section 2: Planning, developing and implementing approaches to enhance personal performance

Choose two of the factors you selected in Section 1 and any one physical activity for which you will provide evidence in your portfolio.

Activity: volleyball
Factor 1: Physical-Power
Factor 2: Mental-Anxiety

- 2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)

<p>One challenge you may face would be the reliability of the person marking your match analysis sheet. Your marker might not be looking and they might not be paying attention to what you do. This means your results are going to be inaccurate causing you to be working on the wrong factors in the game. Another challenge you may face would be when using video analysis. This is because it is recorded on an Ipad and saved to the gallery to be watched later but after you are done the Ipad is then in someone else's possession because they want to use it and they might delete it causing you to lose your footage that you were going to view back to see where your weaknesses were. Making you have to film again, wasting the time you have left. Another challenge you may face is when all the facilities are being used. Your sport might need to be indoors but the halls are being used by other pupils. Not having access to the games hall will waste your time and will slow down your development as you are not practicing on your weaknesses your development programme was based around.</p>
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2b (i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

Factor 1: One appropriate method used to gather data is video analysis/match analysis sheet.

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

Factor 2: One appropriate method used to gather data is a personal performance wheel.

2c Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

Method: The method used is video analysis.

This method is used to film your performance so that you can look back and gather the data you need. You will need something to film with and someone to film you. The person will film either just you or the whole game. The recordings are saved and it is good because you can watch it over and watch it whenever you want so that you can clearly see how your performance went. After you have finished you can use an observation schedule to see how you did by marking out a sheet with different columns with different actions used in the game and how well you did them. From this you can find your biggest weaknesses and start a development programme about it so that you will improve.

- 2d Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

I used video analysis to gather data on my power because I know it is data that is safe and can be watched over and over. This is good because I can watch it later in my programme to see if I have visibly improved or if I need to change my programme completely. This method is very easy to set up and organise so that I can get it done faster giving me more time to continue with my development programme.

This method also shows you where you are going wrong and the things you are good at and it shows you extremely accurate footage of your performance to give you clear directions on how to set up the development programme to the appropriate things you need to work on.

Another reason I used video analysis is because it is a safe place to store it and after my training programme is complete I can tell if I have improved or if I need to change my programme completely to get the best results I can.

- 2e From the data you have gathered describe your strengths and development needs in relation to your performance for both factors. (4 marks)

From the data I have gathered I can say that my strengths would be my power in my hits because the majority of the time they are ending up in the opponent's side of the court and because of the power it doesn't give the opponents time to react so we are more likely to win the point.

Another strength I have is that my anxiety levels have dropped making me communicate more to my team causing our performance to improve because we know who is going for the ball so that we all don't go for it and leave spaces.

One development need about my power is that in my serves I sometime hit the ball too hard and it either goes over the opponent's court or it hits the net on my side and I lose a point for my team causing the other team to then have possession and potentially score a good serve.

Another development need would be motivation because during my performance I am not motivated to try my best and that will give my team a negative result. Not being motivated will make your teammates not pass to you because they have lost their trust in you causing your team to mess up the 3 touch sequence and lose a point for your team.

2f With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1. (1 mark)  
I need to improve my power for a hit.

(ii) Identified target for factor 2. (1 mark)  
Improve my motivation to help myself concentrate during my performances.

2g Explain why it is important to set targets when creating a personal development programme. (3 marks)

One reason it is important to set targets is because it keeps your motivation levels high causing you to work harder for what you want to achieve in your training programme. This means that your progress will improve and you will be more confident in the activity you are doing causing your anxiety levels to drop.

Another reason to set targets is because it keeps you concentrated on the thing you have set your programme about. Being very concentrated will make you work harder causing your progress to improve to ensure your training programme is successful and will make you have more time to make a new one to make you better at the sport as you are working on more stuff.

By setting targets you can see if your PDP is working. If you did not complete your targets this could mean that there is no progress in your PDP and the things you are training are not working. By setting appropriate target grades it gives you a base line to tell you if are improving or not. This could mean you are not working hard enough to make successful progress to your PDP.



### Personal Development Programme (PDP) Table

Do not submit your PDP but you must transfer the relevant information from your PDP into the table below.

	Factor 1	Factor 2
Approaches you used in your development programme	Repetition drills Shadow practice.	Conditioned games Positive self-talk
Length of each session	40-45 minutes	40-45 minutes
How many training sessions per week	1	2
Who you trained with	Myself	Archie
Methods used to monitor your programme	Personal performance wheel Observation schedule	Match analysis sheet and personal performance wheel. Scat sheet

## Describing approaches to develop performance

- 2h (i) From your personal development programme, select and describe an approach that you used to develop factor 1. (2 marks)

Approach for factor 1: One approach I used for physical is repetition drills. In repetition drills you do the same actions you do in game but practise them over and over such as a dig, hit, or a volley either by yourself hitting the ball against a wall or with a friend to practice to improve your biggest weaknesses in the sport.

Another approach I used for physical is shadow practice. Shadow practice breaks down the actions used in the sport. For example you would practice the footwork and the correct position to hit the ball so that you can gradually build up your confidence in achieving these actions in the game.

- (ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

Approach for factor 2: One approach I used for mental is conditioned games. Conditioned games are when you play a few quick games of whatever sport you are playing. These games you play are not on the competitive side as it is used to try and improve your skills within the sport and for mental; improve your anxiety as you might not have played with some of the people before.

Another approach would be positive self-talk. Positive self-talk is when you take all the negative thoughts in your mind and change them for positive to build up your confidence during the game to give you a bit of motivation to play your best improving your anxiety to potentially make you play more comfortably and calmly.

- 2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

One decision I made when planning my personal development programme was the people I was training with. Having another partner will ensure I am working with different abilities and improving my anxiety as I have not worked with some of these people before making me more comfortable and willing to train.

Another decision I made in my training programme was the approaches I used. After 3 weeks I was getting bored of doing the same so I decided to change what approaches I used to ensure I don't lack motivation to carry on. If I were to keep doing the same approaches I would get bored and not want to carry on and this will affect my PVP because I have stopped trying.

Another decision I made was when I decided to change one of my two gym sessions for another games hall session. I decided to do this because I felt it was more appropriate due to the fact that in the games hall I was practicing the actions of the game which will positively affect my PVP better than being in the gym.

Another decision I made was in the last two weeks was to play more conditioned games. I decided to do this because there isn't much approaches to improve your anxiety. Doing conditioned games will improve your anxiety because you are playing with people you haven't played with before causing your confidence to increase and you will communicate more and work at your best to ensure your progress is getting better.

## SECTION 3: MONITORING, recording and evaluating performance development

- 3a During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

I received feedback from my PE teacher during my performance in volleyball about my serve. Me knowing I'm getting feedback from my teacher who has more experience in the sport than I do, I can happily feel like the feedback I am receiving is reliable and appropriate. With this feedback I receive I can quickly adapt during the game to what my teacher thought would help me, so that I can ensure I gain points with my serves to help my team go on and win the match.

Another piece of feedback I received during my performance was from my team mate. My team mate who knew just as much about volleyball as I did was telling me where I was going wrong. Because of his lack of experience in the sport the information he decided to give me wasn't very appropriate and it wouldn't help me improve any as the information he gave me was stuff already to my knowledge.

- 3b Explain why it is necessary to monitor your performance development. (3 marks)

By monitoring my performance I can look back on my information gathered with my observation schedule. I should clearly see if I am improving or if I am going in the wrong direction with my personal development programme, helping me with deciding if I need to change any current plans for my personal development programme to make me work on the appropriate things.

Another reason it is necessary to monitor your performance so that you know if you are improving and then you can compare your results with either someone in your class or someone of a world class level. This is important to know because if you were to be in the Olympics you need to see if you are capable with such an extreme challenge. Or maybe your motivation levels are high because you want to try edge closer to being similar to an idol of yours in your sport.

Another reason is to see if my targets I have decided to try and achieve for myself have been reached or not. This also keeps your motivation levels high to ensure you reach your goals. Also you can set your new targets that are appropriate to you if you have or haven't achieved your previous goals.

### Describing methods to monitor performance

3c (i) Describe how you monitored your programme of work for factor 1. (2 marks)

For physical I used an observation schedule to monitor my performance. An observation schedule is a sheet of paper with all the actions used in the sport and how well you did them in columns down the sheet and there is someone tallying you down in the correct boxes as they watch you play your sport. The actions used in the sport are serves, digs, volleys, hits and blocks. I would use this to look at again after I do it later on in my programme.

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

For mental I used a scat sheet (sport competition anxiety test) to monitor my performance. A scat test is a sheet of paper that assesses your anxiety levels. The sheet is full of columns that have a statement about how you feel playing your sport. You must tick the box that applies to you that either says rarely, sometimes or often. Depending on what box you ticked for each statement you will get a number, you will need to add up all the numbers you got and there is a score at the bottom that if you get above you have a high level of anxiety. I would do this at the start of my training programme and at the end to see if I have improved.

3d Evaluate the effectiveness of your personal development programme. (6 marks)

My personal development programme was effective in helping me improve my power in my hits as I could easily change what approaches I did, keeping my motivation levels high as I didn't get bored of constantly doing the same thing. This will make me more comfortable with what I'm doing causing me to work harder and then see positive effects on my performance.

One thing that was not very effective in my training programme was the partner I trained with. The partner I trained with was not at the same level as me and as we did the same drills he kept messing up causing me to have less time to practice as my partner couldn't keep a repetitive rally going. My partner messing up constantly then makes me mad causing me to lose motivation to play and then I won't play at my best making my training programme results inaccurate.

Another way the programme was effective was when I was doing repetitive drills with a volleyball by constantly hitting it against a wall. This is good because it kept my anxiety levels low as I was doing it by myself so I felt no pressure, causing my hits too slowly and make me adapt my training programme faster to ensure my end results are at an improvement.

I feel that the amount of time we had to do our development programme was a good amount of time because you should see some clear differences from start to finish. This amount of time doesn't last too long so after you have finished you could easily make a new programme about a different thing you need to work on, so you can become even better at the sport.

During my development programme, I got given feedback from my teacher and from my teammates. Because I knew my feedback was coming from my teacher, I could rely on it and then further adapt my training programme to what my teacher thinks is best for me, so that I can see more improvements.

The programme was effective in helping me with my communication as I worked with people I haven't worked with before improving my confidence and helping me with my anxiety so it keeps me motivated to play more games and make progress in my PDP.

3e Evaluate your performance in the two selected factors. (4 marks)

I am much better at successfully completing my footwork for preparing for a hit which means I can jump up high to ensure I can reach for the ball and it gives me enough time to react so that I can get an effective hit in to the opponent's court. Once you have good footwork and a jump it increases your chances of giving you power into the hit making the ball move faster causing the opponents to have to react faster, increasing your chances of gaining a point. One weakness is forgetting to do my positive self-talk. Doing my self-talk keeps me concentrated on the game and what I need to do, but sometimes I forget to do it and it has a negative effect on my performance by making me less aware of what's going on around me and it will cause me to mess up more causing my team to lose points and might cost us the game.

During my serve I could successfully get the ball over the net and into the opponents half which means they have to move more causing them to potentially leave spaces open and maybe give us a better chance of gaining a point by scoring in those open spaces. Also if the opponents leave spaces open often they will have to get back into position faster causing them to lose stamina and start to slow down causing their motivation levels to drop and causing them to mess up more.

3f With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)

In my current performance I have noticed my volleys need to be worked on due to the fact that it is the thing that I have most inaccurate tallies in on my observation schedule. I would then make another training programme based on the volleys. I would use repetitive drills because I need to correctly position my body in advance before the ball comes over the net so that I ensure my body is level so that the ball goes straight up in the air so that my team have an easier chance of hitting the ball over the net.

One approach I would use now would be the accuracy drill because I have only been working on the correct amount of power needed but not the accuracy itself. Repeating the accuracy drill will ensure that I can put the ball where I want it to go without any hassle. This will gain my confidence and make me play at my best.

One next step I would do is change the person I trained with. Having the same person can get boring and it doesn't test your anxiety as you have good knowledge of what they are capable of. If you were to change the person you trained with it will put you to the test more because you won't know the ability of the other people and you will try your hardest to ensure you beat them, making your motivation levels increase.