

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.