

# 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 5: 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.