

Candidate 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 impacts my performance in football positively is Speed. Speed allows me to move faster than my opponents with or without the ball, or to beat them to the ball, this then helps me to create chances for my team. As a result of the chances created my team might be able to score a goal:

A physical factor that impacts my performance in football positively is CRE. CRE allows me to last longer during a game of football without getting fatigued, because I have good CRE I will be able to keep playing to a high standard, this then helps me to create chances for my team. As a result of the chances created my team might score a goal.

A physical factor that impacts my performance in football positively is Agility. Agility allows me to turn/ move quicker than my opponents to get round them, This then helps me to progress up the pitch and create chances for my team. As a result of the chances created my team might be able to score

Factor 2: An emotional factor that impacts my performance positively is confidence. Confidence allows me to play my game with full focus as I am not worried about making a mistake, this allows me to play to a good standard and help create chances for my team when attacking the opposition. As a result of the chances created my team might be able to score a goal.

An emotional factor that impacts my performance negatively is control of anger. Anger disallows me to play to a good standard as I am not focused enough to do so, being angry and not focussed could lead to me making even more mistakes during my game. As a result the opposition may take advantage of this and create chances for their team, this could result in them scoring and my team losing the game.

Factor 3: A social factor that impacts my performance positively is communication. Communication allows me to talk to my team, efficiently and with purpose to allow them to make the right move/decision this means that we can keep possession of the ball and create chances as a team. As a result of the chances created my team might be able to score a goal.

A social factor that impacts my performance positively is co-operation. Co-operation allows me to take information in from others like coaches, this benefits me as a player as it allows me to progress and increase my skill level. As a result I can play better for my team and create more chances to score.

Factor 4: A mental factor that impacts my performance in football positively is decision making. Decision making allows me to make good decisions when I am needed to, for example when playing in goals, I need to make the decision of coming out to collect the ball or to come and kick the ball. Good Decision making can lead to my team progress up the oppositions end and get chances in front of goal. As a result my team may be able to score and we might win the game.

A mental factor that impacts my performance in football positively is concentration. Concentration allows me to focus during a game and keep playing to a high standard, for example when players are about to take a penalty, like Harry Kane the opposition fans were booing him while he went up to take it, this is where concentration is needed as he had focus on taking the penalty for his team. As a result he scored the penalty causing his team to win.

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)

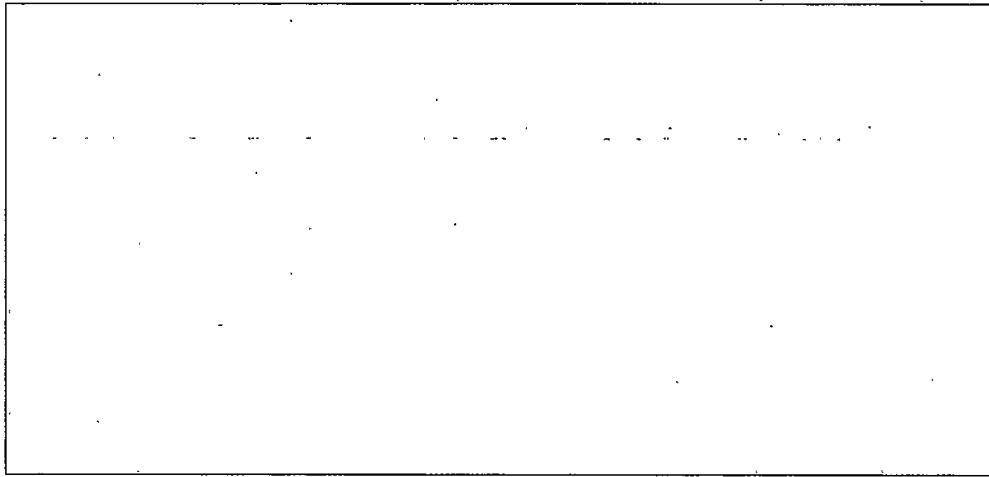
(Illinois Agility Test) The day we did this test I had an injured ankle, this resulted in me not being able to go as fast as I normally would, and this impacted my overall score making it not as reliable because it wasn't the best of my ability.

(Cooper Test) The day we did the test it was incredibly wet making it harder to run around the square over and over again because it was incredibly slippery, this is an issue because myself and others took extra care when completing the test to make sure not to slip, taking extra care resulted in my time being slower than what I could have achieved

(35 Dash)

When we completed this test I wore incorrect footwear. This was an issue because it caused me to slip constantly, this meant I wasn't running as fast as I could have been. This meant that my scores were unreliable as they were not accurate.

A challenge I could've faced when completing my emotional factor was not taking it seriously this meant that when completing it that I could've rushed it this meant that the ratings were unreliable and inaccurate.



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

Factor 1: Standardised Fitness Tests

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

Factor 2: Performance Profile Wheel

Include a copy of the four A4 pages of data you have gathered.

You must attach this data to the template and ensure you add your SCN to each page of data.

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

Method: Standardised Fitness tests

Illinois Agility

Starting with my group we collected the required equipment this included, measuring tape; to measure the distance accurately, then we collected a stopwatch to time how long it took us to complete the test, when the cones are set out, the first person doing the test started at the far left corner of the cones laid out. When they are ready the partner will start the timer on the stopwatch. Running straight forward to the first cone they then must take a sharp right turn round the cone ahead of them, once passed this cone they must run diagonal to the next cone making another turn round it. Once round it they now run through a set of cones to the cone at the back, once they reach this cone they must go round it and back through the cones. When they have ran through the cones they then run diagonal again to the 2nd last cone, once they have reached it they then make a sharp turn to the right and run straight to the end.

35M Dash

With the same group as before, we start by collecting the few bits of equipment needed to complete this test; we needed a score sheet to record our scores, a stopwatch to track accurately our times, two cones to layout where I start and where I would go to. Once all equipment was gathered and the cones were set out 35 metres apart, we would begin. Starting from the cone I ran while being tracked by my partner. When I passed the second cone my partner stops the stopwatch and I record my score into the sheet for reference when I look back to compare.

Cooper Test

As a class we gathered the equipment needed which was 4 cones to layout the distance we would run, stopwatch to record my times accurately, Score sheet to record my times and use them for a comparison at a later date. When the cones are set out in a square shape around 8 metres apart from one another, The first group would begin as another group would track the amount of laps the partner they had chosen in the first group had done, once twelve minutes had passed the first group would stop and the second group would begin after the first groups scores were recorded, another twelve minutes passed and the second group would record their scores on the data sheet for later reference.

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

A **permanent record** is good as it provides a good copy of scores that can be looked up and used when needed.

This allows you to keep track of your score and compare it when I completed my training programme e.g. to check you have improved your ability.

A **starting point** is good as you can determine your level of fitness

Once you know your capabilities you can improve them by training them in various ways this may include re doing the tests over and over again

Strengths and weaknesses is when looking back the score sheet you can tell what is your strength by looking at what was best and you can tell your weakness by looking at your worst score, this allows you to plan a training programme to improve weaknesses.

Instructions easy is when you make sure your training has no mistakes and that you have a good understanding of your programme, this allows you to follow your training programme easily to guarantee you complete it. This means you will have improved your weaknesses after completing the training programme

Time-consuming I used this method because it wasn't time consuming this meant that the tests can be done over a few periods. This gives me more time to tailor and adapt to improve my weaknesses during the training programme.

Start planning is when you know your scores and you want to improve them you must plan ahead to make sure your training is effective and worth.

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 my physical strength is speed this means that when playing against an opponent in football I can outpace them and reach the by-line with the ball, this then allows me to create chances for my team by cutting back to a teammate to allow them a scoring chance, this could result in us scoring a goal.

From the data my physical weakness is agility this means that when playing against an opponent I can't turn as quickly, this causes the opponents to pressure me a lot more potentially causing me to lose the ball, this could lead to their team getting enough time on the ball to create a scoring chance.

From the data my emotional strength is control of fear this means when playing against a very good team I can keep my concentration and still stay aware enough to anticipate the opposition's moves as I am focused on the game rather than being scared of my opponent, this allows me to save more shots and be less likely to concede goals.

From the data my emotional weakness is control of anger this means when I concede goals I could get angry and lose concentration this means that when the other team are attacking and a shot is hit I might make a mistake such as dropping the ball in front of their striker causing my team to lose a goal.

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

(i) Identified target for factor 1. (1 mark)
My target is to improve my agility

(ii) Identified target for factor 2. (1 mark)
My target is to improve my control of anger

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

Setting goals/targets is important as when I complete my set targets I will feel accomplished this means that I will have motivation to set new targets and complete them with a good pace. This allows me to move on further in my self-development of my weaknesses.

Setting goals/targets is important because when I set myself a goal to complete I have a focus. This means that I will keep the motivation and continue working towards achieving my targets, once completed I can then set new targets.

Setting goals/targets is important because when I set myself targets I can receive valuable feedback throughout my programme this means that I can see if I am able to achieve my target. This allows me to change my programme if it is too easy or too hard.

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	Fartlek and continuous	Deep breathing and positive self-talk
Length of each session	50 minutes each session	50 minutes for both
How many training sessions per week	2	1
Who you trained with	class	class
Methods used to monitor your programme	Training diary	Training diary

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 physical approach I used to improve my CRE was Fartlek Training. To do this I needed cones or lines of a court, Basketball lines for example, a stopwatch to track your time. I ran for 12 minutes however your time will change throughout the programme. The instructions for the Fartlek training is you must have a square or rectangle to run around, you must sprint 1 side, jog 2 sides and walk the final side to recover for the next lap. When you have completed your training session you must write a training diary comment to reflect on your session, then you will receive feedback from your teacher/mentor.

Another physical factor I used to improve my CRE was continuous training to do this I needed a stop watch to track the time and an area that would be suitable to run for around 12 minutes without stopping or being interrupted. The instructions for this approach was that you were to run for 12 minutes without stopping which meant all I needed was the stopwatch. When you have completed your training session you must write a training diary comment to reflect on your session, then you will receive feedback from your teacher/mentor.

(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 Emotional Approach I used to improve my control of fear was deep breathing to complete this I needed no equipment all I needed was a quiet space to myself away from others to focus on breathing in through my mouth and breathing out through my nose. This calms the body down which means you have less pressure on you. After doing this for around 5 minutes I stopped and continued with my session.

Another emotional approach I used to improve my control of Fear was Positive Self talk, to complete this I needed no equipment all I needed was a quiet space to myself away from others to focus on myself, talking to myself wither it be in my head or out loud, this calms the body down which means you have less pressure on you saying words like "I can do this" is a good example that many people use. After doing this for around 5 minutes I stopped and continued with my session.

- 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 extend the length of my sessions, for example I used to do 12 minutes but now I do 14 minutes this means I am working for longer, the reason I do this is to increase my fitness faster as I am doing more exercise.

I decided to have rest during my sessions for example during the continuous training I ran for 6 minutes then rested for 1 minutes. The reason for this is I am able to regain my breath, doing so allowed me to continue running for the rest of the session.

I decided to do more sessions per week, for example I used to do 4 sessions I have now increased this to 5 sessions a week. The reason for this was more exercise therefore increasing my CRE at a faster pace.

I decided to listen to music while completing my fitness sessions. For example while completing my fartlek training I listened to music to increase my motivation, the reason for this was that I was able to last longer due to the motivation therefore doing more exercise.

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 written feedback from my teacher on a post it note after completing my continuous training He told me to increase the time I would be running, this was useful as it was fresh in my mind and I was able to make the changes right there and then,

I received verbal feedback from my teacher after completing my fartlek training this is useful as I know my teacher has good knowledge as he told me to increase the length of my sessions, I know this information will benefit me as I can trust my teachers knowledge.

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

It is important to monitor your development training programme as it allows you to track your progress, this allows you to find out if the programme is too hard ore to easy, and This means that I would be able to make changes if necessary.

It is important to monitor your development training programme as it allows you to set new targets, this allows you to see if the training programme is too hard or to easy, and this means that I will be able to see if the targets I have set previously have made a difference and I have achieved them

It is important to monitor your development training programme as it allows you to compare your previous results to your new results, this also allows you to find out if the training programme is too hard or to easy, and this means that I will be able to see if I have improved in my skills or whether I have got worse.

Describing methods to monitor performance

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

I monitored my training programme by retesting my CRE to do so. I did the Cooper test for 12 minutes, I did this with the same measurements as before and on the same surface, I redid the test twice once at the mid-point and once at the end of my programme, after gathering the results from both tests I compared them to each other and the first test I completed; to see if I had improved at all if any.

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

I monitored my Training programme for control of anger by continuously looking at my training diary. Every time I completed a session I received feedback right there and then to improve my sessions, This means that I did this as soon as I could because it was fresh inside my head and I wouldn't forget it.

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

Targets, approaches, breakdown, enjoyment, partner, time

The programme was effective in helping improve my CRE. This was because I was training with a partner. This meant I was talking to my partner while running alongside them, completing my sessions, this kept me motivated to continue my programme.

The programme was effective in helping improve my CRE. This was because I was enjoying my training programme. This meant that I was motivated enough to complete my training programme to a good standard as I was not finding it boring and it was not difficult to understand.

The programme was effective in helping improve my CRE. This was because I had a various amount of approaches. This meant that I would not get bored by doing the same exercise over and over again, therefore keeping myself motivated to continue on with my training programme.

The programme was effective in helping improve my CRE. This was because I had targets set for my training programme. This meant that I was always motivated to achieve my set targets, which prevented me from getting bored.

The programme was effective in helping improve my CRE. This was because I had session breakdowns throughout my training programme, switching between physical and emotional sessions. This meant that I was getting rest and recovering for my next exercise while keeping the balance so I can put in full effort

The programme was effective in helping improve my CRE. This was because I was aware of how long the sessions were. This meant that I was able to stay motivated as I knew I was not working for too long therefore was able to give my full one hundred percent on the knowledge that it would be worth it in the end.

The programme was less effective in helping improve my CRE. This was because I was receiving feedback from my peers. This meant the feedback I was receiving was unreliable as it was from someone who wasn't qualified.

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

I feel my CRE has improved in my games of basketball I last more time without tiring or getting fatigued this means that I can keep playing to a good standard before the game is finished. This allows me to create chances with possession I have by passing shooting or even using my increased stamina to dribble with the basketball possibly go for a layup.

I feel my agility has not improved, in my games of Football, my decreased agility makes it harder for me to get down low to stop a shot. This allows the opposition players to continuously use this to their advantage, this allows them the chance of scoring as my lack of agility creates problems such as getting down low for a shot.

I feel my control of anger has not improved, in my games of football, when a shot comes in at me and I make a mistake like dropping the ball in front of their striker, I may get angry with my mistake, this causes me to lose my concentration. This allows the opposition to take advantage of this as I might get pressured some more, causing me to make another mistake like passing the ball to their striker, this could lead to their striker creating a scoring chance

I feel my control of confidence has not improved in my games of football, when playing against a stronger opposition I may crumble under the constant pressure I am receiving from them, this may cause me to make a mistake like kicking the ball out the park from a goal kick, this allows the opposition possession which will furthermore help them create chances

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

My current physical weakness is my kicking in football. To improve this I will do repetition drills of just kicking. The reason I will do this is to help me automatically take it into a game as I have good muscle memory.

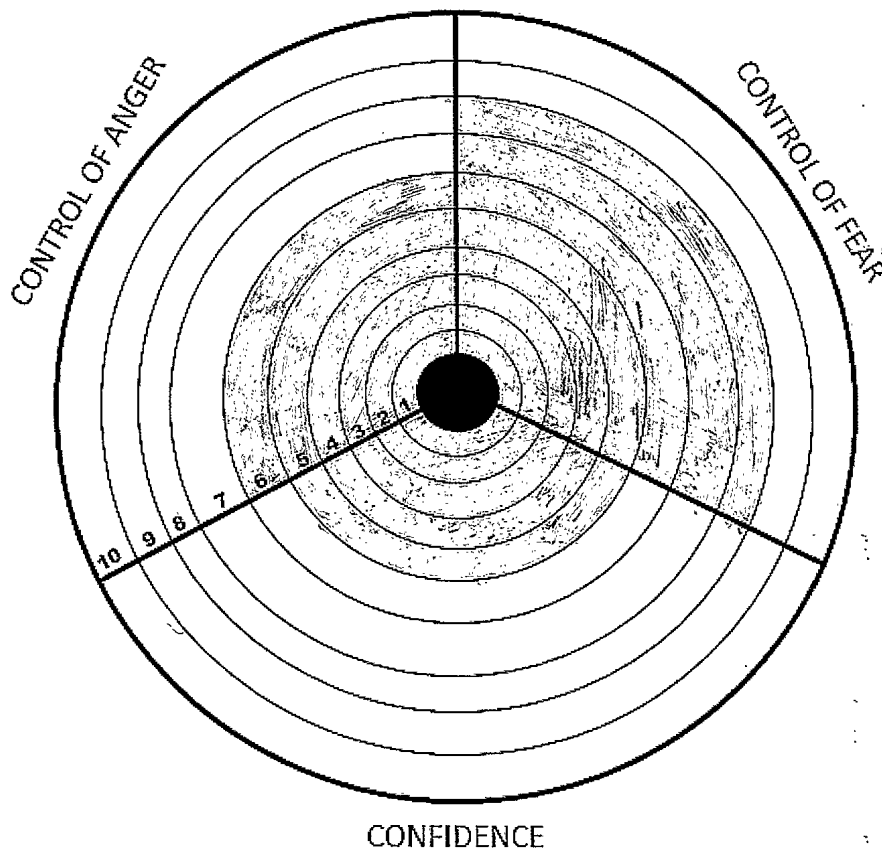
Another one of my current emotional weaknesses in football is my control of anger. To improve this I will work on my deep breathing. The reason I will do this is to help keep my concentration during a game if I were to make a mistake. Like dropping the ball in front of the striker

Another one of my current emotional weaknesses is my control of confidence. To improve this I will do positive self-talk. The reason I will do this is to help me be more consistent during my games and increase concentration.

Another one of my current physical weaknesses in basketball is my lay ups. To improve this I will do repetition training, this will help improve my lay ups as I am working on them constantly, the reason I will do this is to help me score more points when I get the chance of doing a layup.

EMOTIONAL FACTOR: PERFORMANCE PROFILE WHEEL

NAME: _____ STAGE OF PDP: Start



Strength control of Fear
weakness confidence

FITNESS TESTING RECORD SHEET

NAME: _____ STAGE OF PDP: Start

Standard Test	Aspect of Fitness	Result	Rating
Cooper Test	CRE	30 laps 3000m 2287 m	Below Average Below Average
Illinois Agility Test	Agility	18.21	Below average
		18.17	Below average
		18.0	Average
35m Sprint Speed Test	Speed	5.62 Secs	Average
		5.87 Secs	Average
		5.82 Secs	Average

Fitness Testing Normal Values

Norms for Cooper

Age	Excellent	Above Average	Average	Below Average	Poor
Male 14 - 16	>2800m	2500-2800m	2300-2499m	2200-2299m	<2200m
Female 14 - 16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m

Norms for Illinois Agility Test

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<15.2	16.1-15.2	18.1-16.2	18.3-18.2	>18.3
Female	<17.0	17.9-17.0	21.7-18.0	23.0-21.8	>23.0

Norms for 35m Sprint

Gender	Excellent	Above Average	Average	Below Average	Poor
Female	<5.30	5.30-5.59	5.60-5.89	5.90-6.20	>6.20
Male	<4.80	4.80-5.09	5.10-5.29	5.30-5.60	>5.60