

## Candidate 2 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. In football it is important to have good timing when passing the ball. The timing of the pass must not be too early or late so that your teammate gets the ball. If this is done correctly your teammate will be in a good attacking position to attack goal and even score a goal which could win the game for their team. In football it is also important to have good speed during a counterattack. If the other team is attacking you, you must ensure you can keep up with them in order to effectively defend. Failure to do so could allow the other team a free unrestricted shot on goal during which they could score. This would make winning the game much harder/less likely.

Factor 2: Mental. In football it is important to be concentrated/focused when shooting at goal. The player must ensure that they ignore any external distractions from the crowd. If the player remains focused the shot would be much easier/more likely to go in, this goal could help their team win the game. It is during these opportunities players must focus as they will be rare and the chance could be the difference between winning and losing. In football it is important a player remains motivated. If a player is not motivated they would be less likely to try their hardest and give the best possible chance of a positive outcome. If a player is not fully motivated they are more likely to give up when something doesn't go their way. If this happens their team would be at a disadvantage because effectively they would have a player less than the other team there by making it much more difficult to win the game.

Factor 3: Social. In football it is important to have a good ethics. A player with bad ethics could deliberately attempt a bad tackle in order to injure another player. If the referee sees this they could send off the player. This would put their team at a disadvantage as they would have a player less than the other team for the remainder of the game. This would make the game much more difficult to win, as having a player less would mean the other team would always be able to pass into space when they have the ball. Other players in the player's team would also be affected as they would have to change position to cover for the player sent off. In football it is important to play fairly. A player who doesn't play fairly could foul someone in the other team. The referee could see this and award a free kick the other team in a good attacking position. If close enough the team could shoot at goal and could score. This would make winning the game much more difficult as their team is now losing the game so will now have to score two to win.

Factor 4: Emotional. In football happiness/sadness could affect performance. If a player plays with a happy mood they will have a higher self-belief than what they would if they went on with a sad mood. A high self-belief would give the player more trust in their abilities which could lead to them winning more one on ones and thereby getting the upper hand. This would make successful attacks more frequent thereby making scoring a goal more likely which helps your team win the game. In football it is important a player has trust in their own abilities. If the player doubts their own abilities they could not fully commit to a skill move and lose the ball because of it, giving the other team a counter attack where they could score making winning the game less likely.

## 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: Badminton
Factor 1: Physical Skills
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 when collecting data was, my partner could not accurately see all the shots I performed by missing some shots. This makes the data not fully accurate and so my target I set from this data is not specifically improving my weakness, because of this I will still have a weakness which my opponents can exploit to win the game. Another challenge faced when collecting data was my partners knowledge of badminton. My partner may not have had the sufficient knowledge to be able to accurately identify the shots, thereby making the data less reliable. Another challenge faced was that the data sheet was too simple meaning I won't be able to fully identify my areas of improvement, making the data less specific and so I won't be able to set fully reliable targets because I don't fully know why the skill is ineffective.

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

Factor 1: General Level Observation sheet

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

Factor 2: Questionnaire

Include a copy of the data you have gathered.

**You must attach this data to the template.**

- 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 level observation sheet

I played a game of badminton against an opponent on a half court in the games hall for 10 minutes. I had a partner who would tally marks in boxes for each time I completed a specific skill. This piece of paper was split into boxes with the skill and the effectiveness (very effective, effective or ineffective). There would be a key describing what each level of effectiveness was. I would use the data collected to adapt the training programme to meet my specific skills and needs.

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

This method of data collection was easy to fill out. This meant anyone could fill it out with a simple explanation. This method of data collection was used because it was quick to fill out. This meant time would not be wasted by explaining how to fill out the sheet or by filling out the sheet its self. This method of data collection was also used because it is a permanent piece of data. This means it can be accessed at any time I need. This method of data collection was also used because it can be easily compared to other tests done the line (mid and Post) with this information I can determine if and by how much my training programme is successful. This method is also useful because it can be completed during the flow of the game with no obstructions, this means the data is relevant because it is a representation of my ability in a match.

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

In badminton my strength for physical skills is my high serve, I know this because I have the best percentage of Very effective shots than any other physical skill 50% of these were very effective opposed to 25% ineffective.  
My physical development area is my low serve as 60% of these during the pre-test were ineffective.  
My mental strength is my confidence, I know this because I got a very good score in the confidence questionnaire.  
My mental weakness is my motivation, I know this because I got low score when completing the confidence questionnaire.

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

(i) Identified target for factor 1. (1 mark)  
To get the shuttlecock in the target I set out on a court within two minutes.

(ii) Identified target for factor 2. (1 mark)  
To improve my confidence by the end of training programme.

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

It is important to set targets because they can tell you if your PDP is working as intended, if you are failing to meet targets than you should make the appropriate adaptations so that you don't fall behind. Targets are important as they can tell you if and how effective your training programme has been overall. Targets are important as they can be useful for motivation, if you meet a target you set, it will increase motivation.

You must include a copy of your personal development programme which you have planned and implemented during this course.

You must transfer the relevant information from your personal development programme into the table below.

### Personal Development Programme Table

Transfer the relevant information from your personal development programme into the table below.

	Factor 1	Factor 2
Approaches you used in your development programme	Conditioned game. Repetition.	Positive self-talk
Length of each session	50mintes	50minutes
How many training sessions per week	2	2
Who you trained with		
Methods used to monitor your programme	Feedback General observation schedule.	Training diary. Questionnaire.

### 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: Conditioned game (physical skills). In a conditioned game I can control the game to be specific to me. I am focusing on trying to develop my overhead clear however whenever I do this in a game my opponent would just smash the shuttlecock back at me, so whenever I perform an overhead clear I am fearful of my opponent just smashing the shuttlecock. By using a conditioned game I can take that fear/pressure away by telling my opponent that they cannot smash the shuttlecock after my overhead clear. This means I can focus on improving my overhead clear without the fear of a smash back at me. A conditioned game allows me to practice my own specific need whilst keeping it in a game like situation.

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

Approach for factor 2: Positive self-talk (mental). A Positive self-talk can be specific to me this means I can keep it relevant as I usually go into a game with a lack of motivation. I can use a positive self-talk to improve my motivation before going into a game. This means my performance in the game would be improved as I am going into the game more motivated than if I did not complete the self-talk, and if I perform better as a result that also will increase motivation as if my performance is improving I will be motivated to try to continue improving my overall performance.



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

A decision I made was the level of difficulty my targets were at. I decided that targets would be simple and easy to understand, they would increase in difficulty as I progressed. This is in correlation with my skill level, as my skills improve my targets should represent that improvement by getting progressively more difficult. At the start of the training programme my target was get 3 successful overhead clears whilst for the last PDP my target was to get 15 successful overhead clears. If my targets' difficulty was too easy for my skill level I would achieve those targets too easily, this means I wouldn't be truly challenged and be able to improve so my targets were at a level where I would be able to reach my target but reaching this target would be a challenge. Another decision made was the level of learning I was training at. The pre-tests revealed I had a lack of understanding on how to properly hit the shuttlecock, so I decided to training at the planning stage of learning. This stage meant I could practice solely on technique without any pressure. Then as I progressed I moved to the practice stage of learning, representing my improvement in carry out the skills. If I went straight to the practice stage of learning I wouldn't be executing the skill correctly, this means I will be devoting wrong muscle memory, and once you have wrong muscle memory it can be difficult and time consuming to correct it. A further decision made was whether or not to listen to feedback given. I received feedback from both teachers and pupils with differing levels of experience and knowledge. I decided to listen to all feedback however this can be costly as it run the risk of me implementing inaccurate/wrong feedback. This means I could implement this information and gain inaccurate muscle memory. This would give me a disadvantage in a game if my opponent had the correct technique as they would be doing the right thing. Another decision was who my opponent was when practicing. If my opponent had a much higher skill level than myself, they are more likely to win. If I lose games I raise the risk of lowering my confidence and/or motivation.

### 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)

The feedback I received was mostly useful because I received feedback from people with much more experience than myself. This means they are likely to know what they are talking about more than myself and be able to give the correct fixes to the things I am failing to do or doing wrong. This means I can develop the right areas of development so that they are ironed-out and I then have a higher chance of beating opponents. The feedback I received was also useful as it was specific to me, so all the feedback would be based on my own performance with my own strengths and development areas. However the feedback received was also not useful because the feedback came from a wide range of people with differing levels of experience/knowledge this means that some feedback may not be useful as some people might be telling me inaccurate/wrong advice. This means I might develop wrong muscle memory which would put me at a disadvantage to my opponents in games.

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

It is important to monitor because the pre-test gives you a level at which you started at. This is useful because it can be used as a comparison to later tests to determine if/how much you have improved, with this information you can determine if the training programme is successful or not and be able to make adaptations if necessary. It is important to monitor because the information gathered can determine if and by how much the training programme is successful. It is important to monitor because you can compare results throughout the training programme. By monitoring you can determine if you are on track to meet your targets and determine if you need to make any adaptations to your training programme so that you do meet your targets.

### Describing methods to monitor performance

3c (i) Select and describe a method that you used to monitor factor 1. (2 marks)

To monitor physical skills a general observation schedule. I completed the test Three times, pre, mid and post. This is so I could compare my results to see my improvement. The GOSs were all completed the same way i.e. same size of court, Same opponent and for the same length. This was to minimise any influences that might change the way I perform which are out with my control.

(ii) Select and describe a **different** method that you used to monitor factor 2. (2 marks)

To monitor my mental performance I used a performance diary. This would include the location and when I did the PDP. I filled one out at the end of each training session with how I felt mentally. This is so I can compare this data from session to session for the duration of the training programme at the end of the training programme.

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

I found that the training partner I used wasn't fully effective. This is because the partner was at a higher skill level than myself so because this was a challenge for me I lost a lot of points. This lowered my motivation which means I was less motivated to train at a high level so I am less likely to achieve my targets I have set for myself.

I found that the training partner I used to collect data was not effective. This is because they had little experience with badminton so could not correctly identify my shots, this gives me unreliable data. This could give me the unreliable results which I would use to set my target which would thereby not be focusing on my true weakness, since I'm not focusing on improving my weakness the weakness will remain which would give me a disadvantage in a game which I could lose because of.

The GOS I used for physical skills was not fully effective. This is because the data collector found it difficult to put a tally down for every one of my shots. This meant the results weren't fully accurate with my ability so I might under appreciate my ability for certain skills. This means I will think my training programme was less effective than it actually is which means I would make unnecessary changes to my PDP which would waste my time when I could be improving skill that needs improving.

The feedback I received was effective. This feedback was reliable because it came from the teachers and my training partners who had a lot of experience in badminton. Since this information is reliable I could use it to make correct adaptations to my technique which would positively affect my performance in a game as I am using the correct technique.

There was not too much variety for my approaches. Since I used the same/similar approaches through out I could focus on improving my performance as I did not need focus on how to carry out the drill therefore I could be fully focused on improving my performance.

The length of my sessions was effective as they were not too long. Since my sessions weren't too long I did not get bored and loose motivation so I stayed fully focused on improving my performance.

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

My physical skills started off weak but grew better as I trained. For the Pre-test I as was scored at 3 ineffective forehand drives, the mid test I improved slightly with only 2 ineffective forehand drives and in the post test I managed 3 very effective forehand drive with none ineffective , this evidence shows I improved my physical skills over the course of my training programme. My mental motivation improved. By looking at the mental questionnaire I can conclude that the approach positive self-talk was successful in improving my mental motivation, this is a benefit to my performance as if I am motivated I will be more likely to try my hardest and not give up when something doesn't go my way in a game. My serving improved. I can conclude this because I managed to go from 6 ineffective serves to only effective and very effective serves. This is a benefit to my performance as it means my serving is no longer a weakness in my performance. My overhead clear skill failed to greatly improve significantly. I could conclude this because my overhead clear results in my GOSs were inconsistent. In the first GOS I 14 inconsistent overhead clears whilst getting 3 for both effective and very effective. For the second GOS I improved by only getting 4 ineffective and again 3 for both effective and very effective however in the third and final GOS, I had 6 ineffective and only one very effective. This inconsistency could be because of the use of different markers which would make the results unreliable.

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

I would continue improving my physical skills. I would focus on Backhand drive as the GOSs show it is a weakness in my performance which I would need to turn into a strength so opponents don't exploit that weakness in a game. I would focus on improving my hand-eye coordination. I found that during the training programme my hand-eye coordination was a weakness in my game, by improving this it would likely improve my physical skills as good hand-eye coordination is what I need to improve my overall badminton performance in a game and so making it more likely I win future games. I found that I lost motivation going into training because my PDPs were too repetitive .To fix this I would add more approaches to my PDP, this would mean I won't get bored doing the same thing over and over again as fast so won't lose motivation because of it. If I am not motivated in a game I am less likely to want to win the game and so won't preform to my best ability. I would continue to focus on improving my overhead clear skill. This is because I found that this skill was inconsistent throughout so I would need to remove that inconsistency with consistency by changing the approach I use. If I make the shot consistent it will also become a strength in my game making it more challenging for my opponent to get the better of me and win the game.

## FOR SQA USE ONLY

## Physical Education National 5 Portfolio

Skills, knowledge and understanding	Marks available	Marks awarded
1 For each factor, Mental, Emotional, Social and Physical, explain its impact on performance	8	
2a Explain the challenges you may face when gathering reliable data on your two selected factors	3	
2b Identify appropriate methods you used to gather data on your performance in factor 1 and factor 2	2	
2c Describe how you used this method to gather data about this factor	4	
2d Explain why you selected this method to gather data on your performance in the identified factor	3	
2e From the data you have gathered and included in your portfolio, describe your strengths and development needs in relation to both factors	4	
2f With reference to this data, identify an appropriate target for each factor	2	
2g Explain why it is important to set targets when creating a personal development programme	3	
2h From your personal development programme, select and describe an approach that you used to develop performance in each factor	4	
2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme	4	
3a Explain whether the feedback you received was useful or not	2	
3b Explain why it is necessary to monitor your performance development	3	
3c Select and describe a method that you used to monitor performance in each factor	4	
3d Evaluate the effectiveness of your personal development programme	6	
3e Evaluate your performance in the two selected factors	4	
3f With reference to your current performance, justify the next steps in planning for your future performance development	4	
<b>Total</b>	<b>60</b>	

My Personal Development Plan: Name: \_\_\_\_\_ Activity Badminton

Target for this session: \_\_\_\_\_ To Get the shuttlecock in the target once.

		Session Number: 1	Date: 8/02/18
Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Jog round the hall.  Dynamic Stretches	To get blood running through the body.  So I don't get injured during the session.	Run around the hall for 2 minutes to loosen any muscles.  Do some dynamic stretches lunges, open/close the gate e.t.c.
Factor 1: Physical Skills	Target Practice. (practice)  Repetition (practice)	It adds difficulty by adding a target. Also adds pressure. To allow accuracy.  Build muscle memory. Feedback helps eliminate bad habits.	I would set a target on one side at the court and I would then go to the other side where I would practice my serves by trying to get the shuttlecock in the target.
Factor 2: Mental.	Positive self talk.	Specific to me. Helps develop Performance. Increases Motivation.	Before attempting the target practice I would give myself a positive self talk.

*I will encourage my self by saying I can better then how I feel.*

## Monitoring &amp; Evaluating Performance Development – Training Diary

<b>Session Number:</b> 1	<b>Location:</b> Games hall	<b>Date:</b> 08/02/14
<p><b>Monitoring:</b></p> <p>How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)</p> <p>As 1 first session I think it was successful but I feel there is still work to be done so improve on, over the coming weeks.</p>	<p><b>Feedback:</b></p> <p>Describe feedback you used/received during your session (internal / external)</p> <p>I was given feedback on how to improve my PDP.</p>	<p><b>Adaptations:</b></p> <p>Based on your evaluation of this session what adaptations will you make to your next session and why?</p> <p>Improve target.</p>



Session 3 target to get 5 social skills OLW lower classes  
Goal target  
Game was quite successful however my opponent was better than  
me because of his experience

My Personal Development Plan: Name: \_\_\_\_\_ Activity Badminton

Target for this session: To Get the shuttlecock in the target once.  
To complete 8 success full overhead strokes.  
3 open high serves.

Session Number: 2 Date: 20/02/15/02

Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Jog round the hall. Dynamic Stretches	To get blood running through the body. So I don't get injured during the session.	Run around the hall for 2 minutes to loosen any muscles. Do some dynamic stretches lunges, open/close the gate e.t.c.
Factor 1: Physical Skills	Target Practice. (practice)  Repetition (practice)	It adds difficulty by adding a target. Also adds pressure. To allow accuracy.  Build muscle memory. Feedback helps eliminate bad habits.	I would set a target on one side at the court and i would then go to the other side where I would practice my serves by trying to get the shuttlecock in the target.
Factor 2: Mental.	Positive self talk.	Specific to me. Helps develop Performance. Increases Motivation.	Before attempting the target practice I would give myself a positive self talk.  <i>I would encourage my self by saying I'm better than how I'm feeling.</i>

## Monitoring &amp; Evaluating Performance Development – Training Diary

<b>Session Number:</b> 2	<b>Location:</b> Games hall	<b>Date:</b> 20/02 15/02
<b>Monitoring:</b> How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)	<b>Feedback:</b> Describe feedback you used/received during your session (internal / external) I received feedback on how far to hit the correct overhead clear	<b>Adaptations:</b> Based on your evaluation of this session what adaptations will you make to your next session and why? I will improve my target area change target practice to conditioned game.

My Personal Development Plan: Name: \_\_\_\_\_ Activity Badminton

Target for this session: To complete 7 successful overhead clears.

		Session Number: <u>3</u>	Date: <u>22/02 20/02</u>
Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Jog round the hall.  Dynamic Stretches	To get blood running through the body.  So I don't get injured during the session.	Run around the hall for 2 minutes to loosen any muscles.  Do some dynamic stretches lunges, open/close the gate e.t.c.
Factor 1: Physical Skills	Conditioned game (practice)	Build muscle memory. Feedback helps eliminate bad habits.	I would play a game against an opponent. In the game i would focus on getting as many successful overhead clears and high serves as possible by focusing on technique.
Factor 2: Mental.	Positive self talk.	Specific to me. Helps develop Performance. Increases Motivation.  It is specific to me because I am encouraged by the positive thoughts.	Before attempting the game. I would give myself a positive self talk.  <i>I will encourage myself by saying I'm better than how I feel.</i>

*(this means I am more likely to perform well in training.)*

## Monitoring &amp; Evaluating Performance Development – Training Diary

Session Number: 4	Location: games hall	Date: 22/02
<p><b>Monitoring:</b></p> <p>How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)</p> <p>I Hit my target for a child session</p>	<p><b>Feedback:</b></p> <p>Describe feedback you used/received during your session (internal / external)</p>	<p><b>Adaptations:</b></p> <p>Based on your evaluation of this session what adaptations will you make to your next session and why?</p> <p>the Adap target to be more difficult.</p>

My Personal Development Plan: Name: \_\_\_\_\_ Activity Badminton

Target for this session: \_\_\_\_\_ To complete <sup>5</sup> successful overhead clears.

		Session Number: 4	Date: 22/02
Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Jog round the hall.  Dynamic Stretches	To get blood running through the body.  So I don't get injured during the session.	Run around the hall for 2 minutes to loosen any muscles.  Do some dynamic stretches lunges, open/close the gate e.t.c.
Factor 1: Physical Skills	Conditioned game (practice)	Build muscle memory. Feedback helps eliminate bad habits.	I would play a game against an opponent. In the game I would focus on getting as many successful overhead clears and high serves as possible by focusing on technique.
Factor 2: Mental.	Positive self talk.	Specific to me. Helps develop Performance. Increases Motivation.  <i>To increase motivation because it is so specific to me so I am encouraged by the positive thoughts. This means I will more likely perform well in training</i>	Before attempting the game. I would give myself a positive self talk.  <i>I will encourage my self by saying I'm better than I feel.</i>

## Monitoring &amp; Evaluating Performance Development – Training Diary

Session Number: 4	Location: games hall	Date: 22/02
<p><b>Monitoring:</b></p> <p>How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)</p> <p>Successful session. I can now see my improvement from session 1</p>	<p><b>Feedback:</b></p> <p>Describe feedback you used/received during your session (internal / external)</p> <p>I was told that I have improved. This motivated me.</p>	<p><b>Adaptations:</b></p> <p>Based on your evaluation of this session what adaptations will you make to your next session and why?</p>

## Monitoring &amp; Evaluating Performance Development – Training Diary

Session Number:	Location:	Date:
<p><b>Monitoring:</b></p> <p>How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)</p> <p>Opponents was better than me I was unable to return serves / serve as effectively as we drill required so the drill wasn't effective          This lowered my confidence which in the end positively affected my performance.</p>	<p><b>Feedback:</b></p> <p>Describe feedback you used/received during your session (internal / external)</p> <p>Coaches gave me feedback on how to <del>improve</del> serve. He encouraged me even although you <del>practice</del></p>	<p><b>Adaptations:</b></p> <p>Based on your evaluation of this session what adaptations will you make to your next session and why?</p> <p>Practice</p>



My Personal Development Plan: Name: \_\_\_\_\_ Activity Badminton

Target for this session: 15 successful overhead clears

Session Number: 6		Date: 6/3/18	
Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Jog Dynamic stretches	to get blood running through my body so I don't get injured during the session.	Jog around the hall for 2 minutes to loosen any muscles. Do dynamic stretches legs etc to loosen joints.
Factor 1:	Conditioned game	Game like scenario with conditions put in place so I can focus on improving specific skills with out the fear of a smash.	A conditioned game between me and an opponent. - no smashes.
Factor 2:	Positive self talk	to increase motivation. It is specific to me because I am encouraged by the positive thoughts. This means I am more likely to perform better.	Do a positive self-talk before the conditioned game. I will encourage my self by saying 'I'm better than I feel'.

## Monitoring &amp; Evaluating Performance Development – Training Diary

<b>Session Number:</b> 4	<b>Location:</b> Gym hall	<b>Date:</b> 6/02/18
<p><b>Monitoring:</b></p> <p>How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)</p> <p>I thought the session was successful. The conditions were successful because of no smashes this means the rally can go on for further and give me more time to work on skills without a smash ending the game early.</p>	<p><b>Feedback:</b></p> <p>Describe feedback you used/received during your session (internal / external)</p> <p>My opponent told me that I am doing well. This motivated me to continue at the high level. I felt the improvement.</p>	<p><b>Adaptations:</b></p> <p>Based on your evaluation of this session what adaptations will you make to your next session and why?</p> <p>Improve the target</p>

My Personal Development Plan:

Name: \_\_\_\_\_

Activity BadmintonTarget for this session: 10 successful overhead clears and 5 successful lunges a session.Session Number: 7Date: 4/3/18

Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Jog Dynamic stretches	To get blood running through my body so I don't get injured during the session.	Jog around the hall for 2 minutes to loose my muscles Do dynamic stretches lunges etc to loosen joints.
Factor 1:	Conditioned Game.	Game here scenario with conditions put in place so I can focus on improving specific skills without the fear of a smash.	A conditioned game between me and an opponent - no smashes.
Factor 2:	Positive Self Talk	To increase motivation it is specific to me because I am encouraged by the positive thoughts. This means I am more likely to perform better.	Do a positive self-talk before the conditioned game. I will encourage my self by saying I better than I feel.

## Monitoring &amp; Evaluating Performance Development – Training Diary

<b>Session Number:</b> 7	<b>Location:</b> Games hall	<b>Date:</b> 8/3/18
<p><b>Monitoring:</b></p> <p>How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc)</p> <p>The session was successful as I was motivated through out. I met my targets and received some really useful feedback.</p>	<p><b>Feedback:</b></p> <p>Describe feedback you used/received during your session (internal / external)</p> <p>My opponent told me to reach high when smashing.</p>	<p><b>Adaptations:</b></p> <p>Based on your evaluation of this session what adaptations will you make to your next session and why?</p> <p>Improve the target.</p>

My Personal Development Plan: Name: \_\_\_\_\_ Activity: Badminton

Target for this session: to succeed overhead clears and 10 successful high serves

		Session Number: 8	Date: 13/03/18
Focus	Approach (Drill/Practice/Method)	Why am I using this approach?	Details / Description of Approach (describe exactly what you did)
Warm Up	Tos Dynamic stretches	to get blood running through my body so I don't get injured during the session.	joy around the hall for 2 minutes to loosen my muscles Do Dynamic stretches wages etc to loosen joints
Factor 1:	Conditioned game	Game like scenario with conditions put in place so I can focus on improving specific skills without the fear of a friend	A Conditioned game between me and a opponent - (Smartha)
Factor 2:	Positive Self-talk	to increase motivation. it is specific to me. because I am motivated by positive thoughts and now I am more likely to perform better	Do a positive self-talk before the conditioned game. I will do course my self by saying I'm better than how I feel.

## Monitoring &amp; Evaluating Performance Development – Training Diary

<b>Session Number:</b> 8	<b>Location:</b> gym	<b>Date:</b> 13/03/18
<b>Monitoring:</b> How successful do you think your session was? What evidence do you have (e.g. feedback; re-tests etc) Successful first session, I was motivated throughout but as I could see how well I was doing in comparison to session 1. I wish I could be more I was still continuing to perform better as I go on	<b>Feedback:</b> Describe feedback you used/received during your session (internal / external) I received positive feedback from experienced players My performance is so.	<b>Adaptations:</b> Based on your evaluation of adaptations will you make to and why? More exercises training programme

### Motivation Questionnaire

As well as assessing a player's ability, gaining an insight into their needs and motivations can also be valuable as it helps the coach to design sessions that meets those needs. It also provides the coach with an understanding of behaviours that the players may exhibit whilst competing or training.

<b>Player needs/motivations</b>											
Name:						Age:	16				
Standard (please circle)	Beginner			Intermediate			Advanced				
Why I participate in this activity?	Not important						Very important				
	←						→				
	1	2	3	4	5	6	7	8	9	10	
<i>Enjoyment</i>											
<i>Mastering new skills</i>											
<i>Keeping fit</i>											
<i>Rising to a challenge</i>											
<i>Feeling good about yourself</i>											
<i>Competition</i>											
	1	2	3	4	5	6	7	8	9	10	
<i>Pleasing parents</i>											
<i>Pleasing coaches</i>											
<i>Winning something</i>											
<i>Achieving a dream</i>											
<i>Making new friends</i>											
<i>Being with existing friends</i>											
	1	2	3	4	5	6	7	8	9	10	
<i>Add any others</i>											

**Motivation Questionnaire**

As well as assessing a player's ability, gaining an insight into their needs and motivations can also be valuable as it helps the coach to design sessions that meets those needs. It also provides the coach with an understanding of behaviours that the players may exhibit whilst competing or training.

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Standard (please circle)	Beginner			Intermediate			Advanced			
Why I participate in this activity?	Not important								Very important	
	←								→	
	1	2	3	4	5	6	7	8	9	10
Enjoyment							/			
Mastering new skills					/					
Keeping fit								/		
Rising to a challenge								/		
Feeling good about yourself							/			
Competition								/		
	1	2	3	4	5	6	7	8	9	10
Pleasing parents			/							
Pleasing coaches			/					/		
Winning something								/		
Achieving a dream						/				
Making new friends										
Being with existing friends					/					
	1	2	3	4	5	6	7	8	9	10
Add any others										



**Motivation Questionnaire**

As well as assessing a player's ability, gaining an insight into their needs and motivations can also be valuable as it helps the coach to design sessions that meets those needs. It also provides the coach with an understanding of behaviours that the players may exhibit whilst competing or training.

Player needs/motivations										
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					Age:	16				
Standard (please circle)	Beginner			Intermediate			Advanced			
Why I participate in this activity?	Not important									
	Very important									
	←									→
	1	2	3	4	5	6	7	8	9	10
Enjoyment								8	✓	
Mastering new skills									✓	
Keeping fit									✓	
Rising to a challenge									✓	
Feeling good about yourself									✓	
Competition										✓
	1	2	3	4	5	6	7	8	9	10
Pleasing parents								✓		
Pleasing coaches									✓	
Winning something										✓
Achieving a dream										✓
Making new friends									✓	
Being with existing friends									✓	
	1	2	3	4	5	6	7	8	9	10
Add any others										

don't  
 have  
 much  
 time!

### Badminton General Level Observation

Shots	Ineffective	Effective	Very effective
High serve	1 1	1 1	1 1 1
Low serve	1 1 1 1	1 1 1	
Overhead clear	1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 1	1 1 1
Smash	1 1	1	1 1
Drop shot	1 1		1
Net shot	1 1		1
Forehand drive	1 1 1		
Backhand drive	1 1	1 1	

Ineffective – lost point as a direct result of shot

Effective – shot has gone where we wanted and point has continued

Very effective – won point as a direct result of shot

Date – 30/01

Name –

Opponent

Duration – 10 minutes

~~Full court~~ Singles / Half court Singles (Delete where Appropriate)

### Badminton General Level Observation

Shots	Ineffective	Effective	Very effective
High serve			
Low serve			
Overhead clear			
Smash			
Drop shot			
Net shot			
Forehand drive			
Backhand drive			

Ineffective – lost point as a direct result of shot

Effective – shot has gone where we wanted and point has continued

Very effective – won point as a direct result of shot

Date – 27/08/2

Name –

Opponent -

Duration – 10 minutes

Full court singles/ Half court Singles (Delete where Appropriate)

\* Note in sig  
Opponent T Observer checked

Medicine

Overhead clear less effective ... typically  
however not more effective/very effective.

I use sunglasses much more  
Not a sunglasses person

I found my ~~own~~ eye coordination ~~is~~ ~~not~~  
enough

**Badminton General Level Observation**

*Final*

Shots	Ineffective	Effective	Very effective
High serve			
Low serve			
Overhead clear			
Smash			
Drop shot			
Net shot			
Forehand drive			
Backhand drive			

Ineffective – lost point as a direct result of shot

Effective – shot has gone where we wanted and point has continued

Very effective – won point as a direct result of shot

Date – 15/03/18

Name – C

Opponent -

Duration – 10 minutes

Full court singles/ Half court Singles (Delete where Appropriate)

*(at least 6 serves)*