



Dalkeith High School

LABOR VINCIT 'Hard Work Prevails'

Dalkeith High School PE Department National 4

Factors Impacting Performance Unit

Evidence Workbook ***Outcome 1***

Outcome	Pass	Verified
1.1		
1.2		
1.3		
1.4		

Outcome 1.0 Demonstrate knowledge of factors that impact on performance in physical activities by:

1.1 Describe a method that you have used to identify factors that impact on a performance.

Choose one of the athletes below you would like to research. Use the YouTube clip to gather information on this athletes' performance. The athletes that you can choose from are:

- Andy Murray - <https://youtu.be/INJKKzzowRY>
- Danny Macaskill - https://youtu.be/xQ_IQS3VKjA
- Chris Hoy – https://youtu.be/FCpNt_aCTZU
- Lynsey Sharp – <https://youtu.be/6f1Itbat5Lk>
- Messi - <https://youtu.be/QRBUO4cU5MM>
- Jessica Ennis – <https://youtu.be/5ogwLIPAjKk>
- Ryan Giggs - <https://youtu.be/LA3gQtetwE>
- Serena Williams – <https://youtu.be/ylxllqxTpA8>
- Novak Djokovic – <https://youtu.be/S5ttMcYkwD4>
- Michael Jordan – <https://youtu.be/LAr6oAKieHk>

Below is a link to the Google Play store for the QR reader app needed to scan the QR codes in the table above.

- <https://play.google.com/store/apps/details?id=me.scan.android.client>

If using an I-phone, I-pod or I-pad to scan the above QR codes you will need to access the iTunes store to download the free QR code reader app. The link for this is below:

- <https://itunes.apple.com/gb/app/gr-code-reader-and-scanner/id388175979?mt=8>

In order to develop and improve performance information must be collected on initial performances.

By doing this, it will help identify strengths and areas of development in performances.

These are some examples of the types of methods used to identify factors impacting on performances.

VIDEO	<input type="checkbox"/>	THOUGHTS AND FEELINGS	<input type="checkbox"/>	TEACHERS OPINION	<input type="checkbox"/>
DIGITAL ANALYSIS	<input type="checkbox"/>	FITNESS TESTING	<input type="checkbox"/>	OBSERVATION SCHEDULES	<input type="checkbox"/>
SCATTERGRAMS	<input type="checkbox"/>	SKILL CHECK LISTS	<input type="checkbox"/>	MATCH ANALYSIS	<input type="checkbox"/>
MODEL PERFORMERS	<input type="checkbox"/>	PEER EVALUATION	<input type="checkbox"/>	RESULTS ANALYSIS	<input type="checkbox"/>

Now

research a minimum of 1 athlete from the list provided to find out methods they use to identify factors impacting on performance. Using your guidance notes, revisit **Outcome 1** and use the information to help you complete the following information below:

State the sport of your athlete and describe the methods they use below:

Athlete:	
Methods used:	

From the information you have gathered, you must now present your research. Decide how you would like to present your findings. You may wish to present your information in the following ways:

Oral Presentation

Essay

Power Point Presentation

Information /Poster Board

Leaflet

Video

Podcast

Mind Map

Graphic Organiser

Your style of presentation will last approximately 4-5 minutes and must show ***ONLY 1*** athlete and what methods ***THEY*** use to identifying factors that affect their performance.

Notes:

Outcome 1.2. Describing the impact of two factors on a performance.

Using your guidance notes, select one factor from each of the areas Physical, Social, Mental and Emotional.

For each factor:

- Give a definition of what it is.
- Describe how it could help a performer produce a 'model performance'. *What is the impact?*

Example

'One Physical factor which is important when performing in gymnastics is Flexibility. Flexibility is the range of movement across a joint and allows a performer to stretch and reach further. This is important in gymnastics as it allows a performer to get into difficult positions, for example a pike position, with legs completely straight and toes pointed and the upper body tucked in close to the legs. This not only makes the movement look good but allows for faster rotation if performing a piked somersault.'

Physical Factor:	
Impact:	

Social Factor:	
Impact:	

Mental Factor:	
Impact:	

Emotional Factor:	
Impact:	

*You must select only 2 factors and **DESCRIBE** what impact they have a performance. Give examples where appropriate.*

Outcome 1.3. Identifying a factor that affects a performance and describing an approach to develop this.

Now that you have identified several factors that impact on performances, you must think about how you would develop these factors. You must think about a method of training to help improve your chosen factor. Using the list given in your FIP booklet, identify a method of training for your development plan.

Example 1:

'In order to develop the physical factor CRE, I would use continuous training. Continuous training is where the body is working with oxygen over a long period of time for e.g. 20-30 minutes of running. I would recommend that this should be performed 3 times per week. The performer should ensure that their heart rate remains within their training zone.'

Example 2:

'In order to develop the mental factor of controlling emotions, I would use self-talk and visualisation to keep emotions calm. I would recommend that this is incorporated into a training programme already used and should be practiced regularly. Mental rehearsal should be used at the beginning and during an important game or match.'

Now think about your chosen factor and complete the following information below:

Factor:	
Impact:	

It is important to think about the following questions before answering the next question:

How many times per week will you be training this factor?

What is the intensity level?

Can you use a heart rate monitor to measure pulse?

How many repetitions and sets will the performer complete?

How long will the training session last for?

How long will the whole training programme last?

What time of day will the training session take place?

What type of training will you use? E.G. Continuous or Fartlek?

Development Approach:

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