



# Dalkeith High School

LABOR VINCIT 'Hard Work Prevails'

## Dalkeith High School PE Department National 4

### Factors Impacting Performance Unit

### ***Evidence Workbook*** ***Outcome 2***

Outcome	Pass	Verified
2.1		
2.2		
2.3		
3.2		

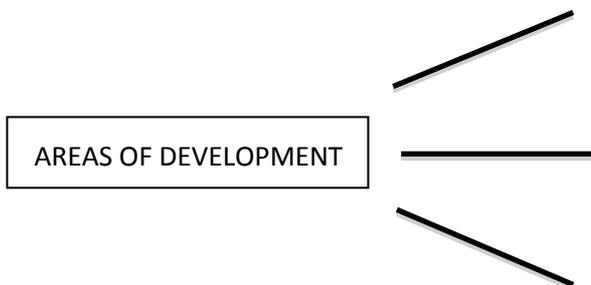
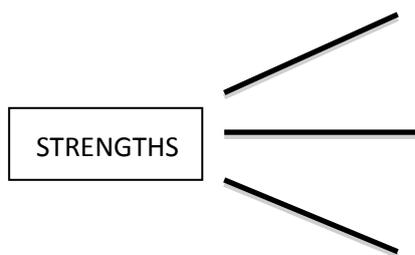
**Outcome 2.0.** Developing personal performance in physical activities.

**Outcome 2.1.** Identifying strengths and areas for development in a performance.

Now think about your own performance. From your sport or activity, choose a method to identify your factors that is suitable to you. You will have gone over some of these within your lessons. You may want to have a friend or coach observe your performance to help identify these areas.

What do you feel you are good at? What do you feel you could be doing better?

Using your questionnaire and chosen method, write down what you think are your own personal strengths and areas of development:



**Outcome 2.2.** Overview of your development area:

<b>WEEK 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Approach:</b>							
<b>Target/Goal for session:</b>							
<b>Frequency:</b>							
<b>Duration:</b>							
<b>Intensity:</b>							
<b>WEEK 2:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Approach:</b>							
<b>Target/Goal for session:</b>							
<b>Frequency:</b>							
<b>Duration:</b>							
<b>Intensity:</b>							
<b>WEEK 3:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Approach:</b>							
<b>Target/Goal for session:</b>							
<b>Frequency:</b>							
<b>Duration:</b>							
<b>Intensity:</b>							

### Training Session 1

Signature	Date
My goal for this training session is:	
Describe today's session	
<p>Warm Up</p>          <p>Practice 1</p>          <p>Game</p>	
<b>2.3 - Development Diary</b>	
How did I feel during today's session?	How did I change or adapt my practices?

## Training Session 2

Signature	Date
My goal for this training session is:	
Describe todays session	
<p>Warm Up</p>          <p>Practice 1</p>          <p>Game</p>          	
<b>2.3 - Development Diary</b>	
How did I feel during today's session?	How did I change or adapt my practices?

### Training Session 3

Signature	Date
My goal for this training session is:	
Describe todays session	
<p>Warm Up</p>          <p>Practice 1</p>          <p>Game</p>          	
<b>2.3 - Development Diary</b>	
How did I feel during today's session?	How did I change or adapt my practices?

**Outcome 3.0 Review the performance development process**

**3.2** – Reviewing the effectiveness of the development plan in supporting my performance development.

In order to help you answer this you must think about the following questions regarding your development programme:

How effective has my performance development plan been? Have I seen an improvement in performance? If so then give evidence to show this below:

Did I like/enjoy the practices I did within my programme? If so then why did you like them give evidence to show this below. If you didn't like them, explain why.

Where the practices I selected in my programme well suited to me? If they weren't the best practice – why? If they were suited to you give evidence to explain why: