



Dalkeith High School

LABOR VINCIT 'Hard Work Prevails'

Dalkeith High School PE Department National 4

Factors Impacting Performance Unit

Evidence Workbook ***Outcome 3***

Outcome	Pass	Verified
3.1		
3.3		
3.4		

Outcome 3.0 Review the performance development process

Outcome 3.1 Gathering Feedback from Others

You have now completed your training programme to help improve your area of development. You are required to gather feedback of your performance and effectiveness of your programme.

Use this questionnaire to gather feedback from your teacher or coach:

QUESTION:	ANSWER		
	YES	NO	REASON
Do you think my training programme has helped me improve the factor I wanted to develop?			
When you were watching my performance did you collect any information I could use to help me review my performance?			
Do you think improving this factor has helped my overall performance? If so can you answer why?			
Is there anything I need to do still to improve this factor more in the future?			

Through your **development action plan** you will have received **feedback** from your classmates and teacher. Give **at least one example of a piece of feedback** you received on your personal performance.

Outcome 3.3. Reflecting on performance progress based on all information gathered

Summarise the initial data you collected and compare this with your results from your re-test data.
What does this tell you about your development plan?

Summarise the feedback from others. What does the information gathered tell you?

Looking at all the information you have gathered, can you see an improvement? If so, please describe how you know this, providing evidence.

Outcome 3.4. Identifying future development needs.

You now need to think about future targets for your personal performance. You need to consider at least **TWO** future development needs to improve your personal performance. Use the information gathered in your retesting to help you think of aspects about your performance you now need to improve.

Here is an example:

'A factor that I may want to consider for my performance is emotional. This is relevant to me as I feel my emotions get in the way when performing a lay-up. I get scared and fear that I will fail and miss a basket. The thought of performing a lay-up increases the pressure I put on myself and prevents me from being successful. Additionally, this negative thought process prevents me from concentrating and has an overall negative effect on my decision making.'

Now think about how much better your performance would be if you could improve the areas you have stated?

1. What impact would improving have on your performance?

It would improve my performance because....

2. What impact would improving have on your performance?

It would improve my performance because....