**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.

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| Factor 1:  |
| Factor 2:  |
| Factor 3:  |
| Factor 4:  |

**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.

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| Activity:  |
| Factor 1:  |
| Factor 2:  |

2a Explain the challenges you may face when gathering reliable data on your two selected factors. (3 marks)

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

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| --- |
| Factor 1:  |

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

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| Factor 2:  |

Include a copy of the data you have gathered, which must not exceed four A4 pages.

**You must enclose this data with 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)

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| Method:  |
|   |

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

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

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

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| (i) Identified target for factor 1. (1 mark)  |

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| (ii) Identified target for factor 2. (1 mark)  |

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

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**Personal Development Programme (PDP) Table**

Do not submit your PDP. You must transfer the relevant information from your PDP into the table below.

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| --- | --- | --- |
|  | **Factor 1** | **Factor 2** |
| Approaches you used in your development programme  |   |   |
| Length of each session |   |   |
| How many training sessions per week |   |   |
| Who you trained with |   |   |
| Methods used to monitor your programme |   |   |

**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)

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| Approach for factor 1:  |

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

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| Approach for factor 2:  |

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

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**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)

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

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**Describing methods to monitor performance**

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

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|  |

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

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

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

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

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