

# S3 Physical Education

An Introduction to Factors Impacting Performance:  
The Cycle of Analysis

# How will online learning work?

- Welcome to your online learning pack. Here we have prepared weekly learning tasks for you to complete.
- Download a copy of weekly resources to edit and complete tasks within the **Factors Impacting Performance PowerPoint**.
- Use this PowerPoint to support you with your learning to complete weekly tasks.
- Additionally, you can access learning support materials on **BBC Bitesize National 5 Physical Education** via Google Search or the following link: <https://www.bbc.co.uk/bitesize/subjects/zctsr82>
- Email completed work to your class teacher in the PE Department at:  
[holly.burns@whec.edin.sch.uk](mailto:holly.burns@whec.edin.sch.uk)  
[stuart.clark@whec.edin.sch.uk](mailto:stuart.clark@whec.edin.sch.uk)  
[lucy.brown@whec.edin.sch.uk](mailto:lucy.brown@whec.edin.sch.uk)
- If you are completing a paper copy of weekly learning tasks, return your completed work to the school office and ask the office staff to place these in Miss Burns' pigeon hole.
- Weekly learning tasks are due to be completed by **Friday 12:25pm**.



# Weekly Schedule

Week beginning:	Topic	Tasks	Pages
<i>25<sup>th</sup> January</i>	An introduction to: <ul style="list-style-type: none"><li>- 4 Factors</li><li>- Sub-factors</li></ul>	Tasks 1, 2 + 3	Pages 2-4
<b><i>1<sup>st</sup> February</i></b>	<b>An introduction to: - The Cycle of Analysis</b>	<b>Tasks 4 + 5</b>	<b>Pages 5-6</b>
<i>15<sup>th</sup> February</i>	An introduction to: <ul style="list-style-type: none"><li>- Methods of gathering Data</li></ul>	Tasks 6 + 7	Pages 7-8
<i>22<sup>nd</sup> February</i>	An introduction to: <ul style="list-style-type: none"><li>- Performance Development Plan</li></ul>	Tasks 8 + 9	Pages 9-10

# Week 2: The Cycle of Analysis

*week beginning 1<sup>st</sup> February (Tasks 4-5)*

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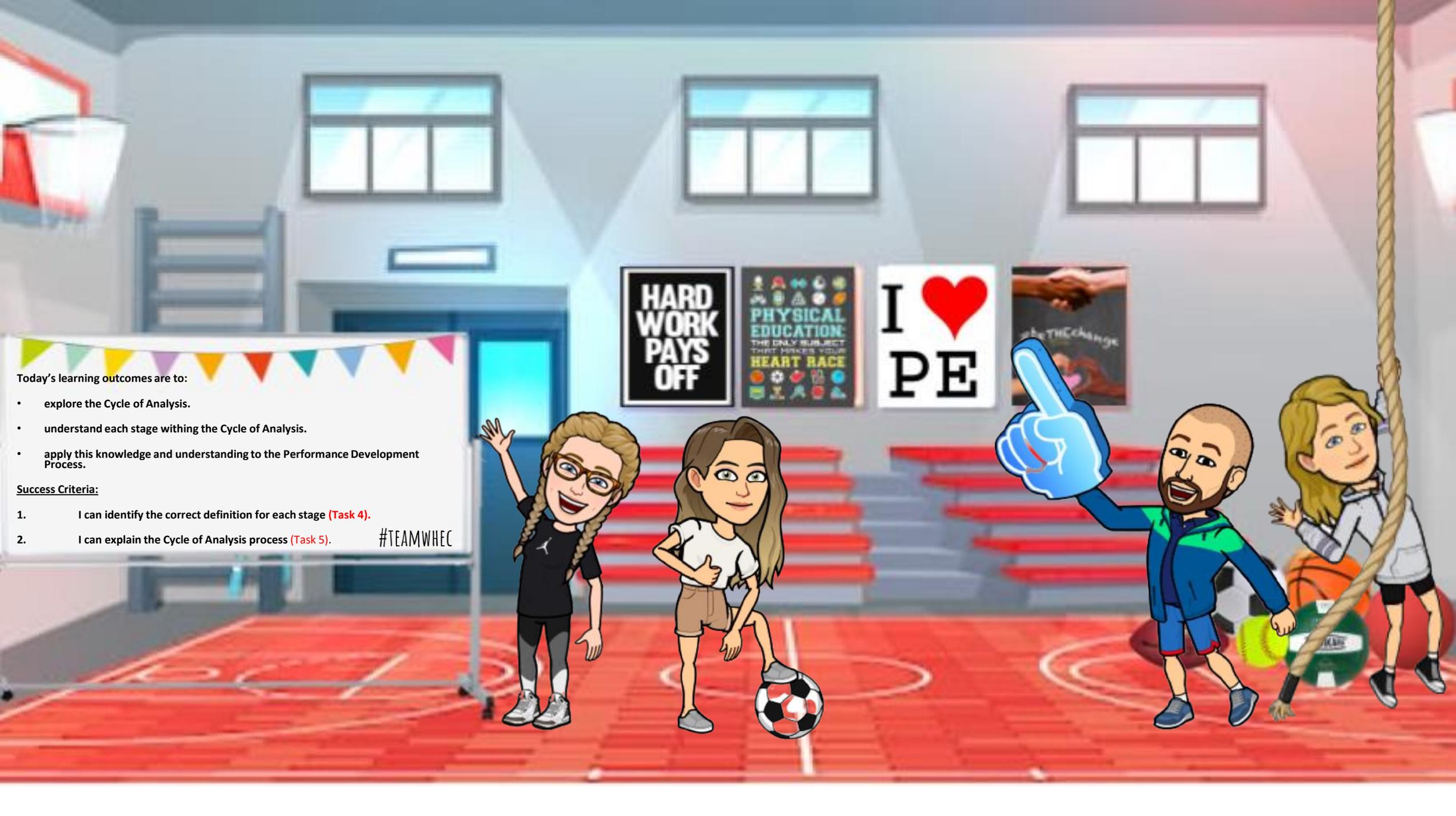
Today's learning outcomes are to:

- explore the Cycle of Analysis.
- understand each stage with the Cycle of Analysis.
- apply this knowledge and understanding to the Performance Development Process.

Success Criteria:

1. I can identify the correct definition for each stage (Task 4).
2. I can explain the Cycle of Analysis process (Task 5).

#TEAMWHEC





Investigate

Analyse

Develop

Evaluate

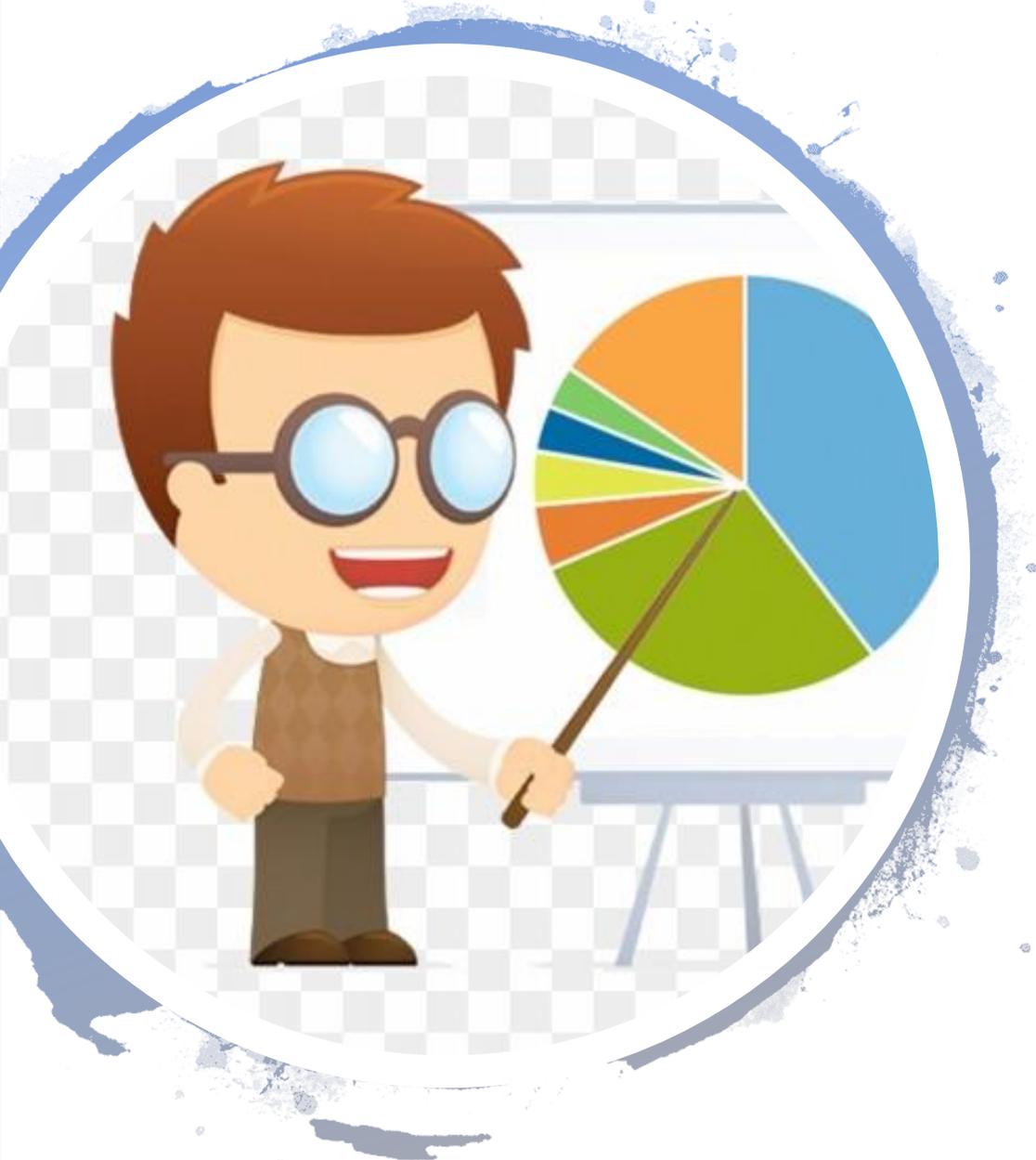
# The Cycle of Analysis

- The “Cycle of Analysis” is a process athletes go through to develop their performance.
- It is split into 4 main phases:
  - 1) Investigate
  - 2) Analyse
  - 3) Develop
  - 4) Evaluate

# Investigate

- During this phase, athletes gather information/data about their performance as a whole.
- They may do this through videoing their performances, gathering feedback from coaches, completing questionnaires or physical testing.
- If you do National 4/5 PE, you will gather information on four factors that can impact performance (Physical Factors, Mental Factors, Emotional Factors and Social Factors).





# Analyse

- During the Analyse phase, an athlete (sometimes with the support of a coach/teacher) will look at the data gathered to gain an understanding about what it means.
- Looking at the data will allow a performer to identify performance strengths and development areas (weaknesses) that should be worked on.
- This information forms the basis of the performer's training programme which we call a Personal Development Plan (PDP).



# Develop

- During this phase, a performer will plan their PDP and carry it out.
- Performers will look to develop their whole performance, with a specific focus on their development areas.
- Most PDPs will tend to last 6-8 weeks and will involve a range of approaches to develop performance.
- A performer will set targets throughout their PDP to give them something to aim for (increasing motivation).



Checklist

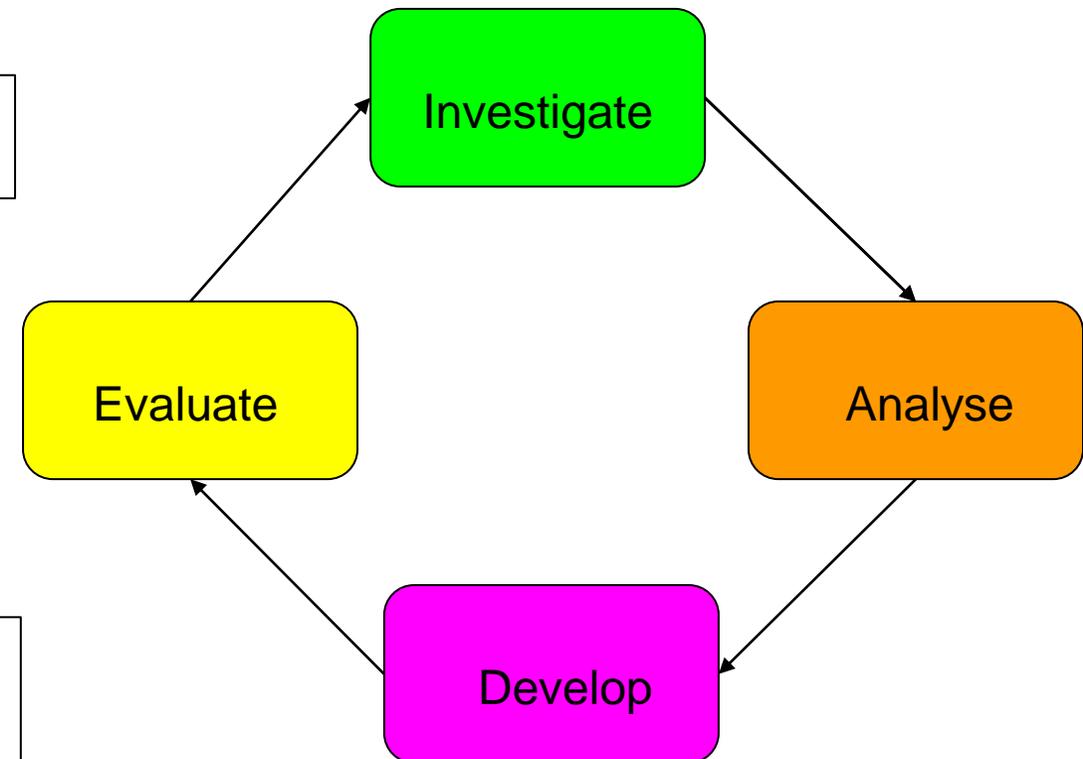
# Evaluate

- Throughout the PDP, performers will monitor and evaluate their progress to see if their PDP is effective (if they are improving).
- If they can see they are improving, performers may set new targets to continually push themselves and keep motivation high.
- If performers are not seeing the development they hoped for, their PDP may not be working, meaning they would need to make changes to it.
- They may change the approaches (methods) they are using, choose to train more often (Frequency), for longer (Duration) or decide to train harder (Intensity).

# Task 4: Identify the correct stage in the Cycle of Analysis

- Match up the description with the stage in the cycle of analysis and put them in order 1-4:

1.	Evaluate	Collect information about your performance using various methods of gathering data
2.	Develop	Plan a training programme to improve your weaknesses
3.	Investigate	Review your progress to see if you have improved or need to change your training programme
4.	Analyse	Identify your strengths and weaknesses from the information you have collected



# Task 5: Explaining the Cycle of Analysis

- Read the paragraph below and use the word bank below to help you fill in the blanks:
- The cycle of analysis starts off by you \_\_\_\_\_ information about your performance. This can be done by selecting \_\_\_\_\_ relevant to the factor you are wanting to investigate. For example if you were wanting to find out how good your CRE is you would use the \_\_\_\_\_. However if you wanted to find out how good your flexibility is you would use the \_\_\_\_\_. Gathering lots of information at the start of the cycle of analysis allows you to discover what your \_\_\_\_\_ and \_\_\_\_\_ are. You can then use this \_\_\_\_\_ to create a \_\_\_\_\_ based on your weaknesses so you can \_\_\_\_\_.

## Word bank:

strengths

information

training programme

improve

bleep test

gathering

sit and reach test

weaknesses

methods of gathering data