

S3 Physical Education: Factors Impacting Performance Workbook



Name: _____

Class: _____

Factors Impacting on Performance

Table of Sub-Factors

Physical		Mental	Emotional	Social
Fitness	Skill			
CRE	Any skill, e.g. lay-up, passing	Concentration	Happiness/sadness	Communication
Speed	Accuracy	Determination	Anger	Roles and responsibilities
Agility	Control	Motivation	Fear	Team dynamics
Power	Fluency	Decision making	Confidence	Contributing to the team
Strength	Timing	Anxiety	Trust	
Flexibility		Mental toughness		

Task 1

Complete the table. Research a definition for the following sub-factors to help you understand what each one is.

Sub-factor	Definition
CRE	
Speed	
Agility	
Power	
Strength	
Flexibility	
Anxiety	
Mental toughness	
Team dynamics	

Task 2

Choose an activity

Using the 'Table of Sub-Factors' from the previous page, label the sportsperson below with the 10 most important sub-factors you think are required within your chosen activity.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



10. _____

9. _____

8. _____

7. _____

The image shows a black silhouette of a male runner in profile, facing right. He is wearing a cap and has his hair tied back. He is in a full running stride. The silhouette is centered on the page. To the left of the runner are numbers 1 through 6, and to the right are numbers 7 through 10. Each number is followed by a horizontal line for labeling. The number 1 is positioned above the runner's head, 2 is to the left of his shoulder, 3 is to the left of his waist, 4 is to the left of his hip, 5 is to the left of his knee, and 6 is to the left of his ankle. On the right side, 10 is to the right of his head, 9 is to the right of his shoulder, 8 is to the right of his waist, and 7 is to the right of his knee.

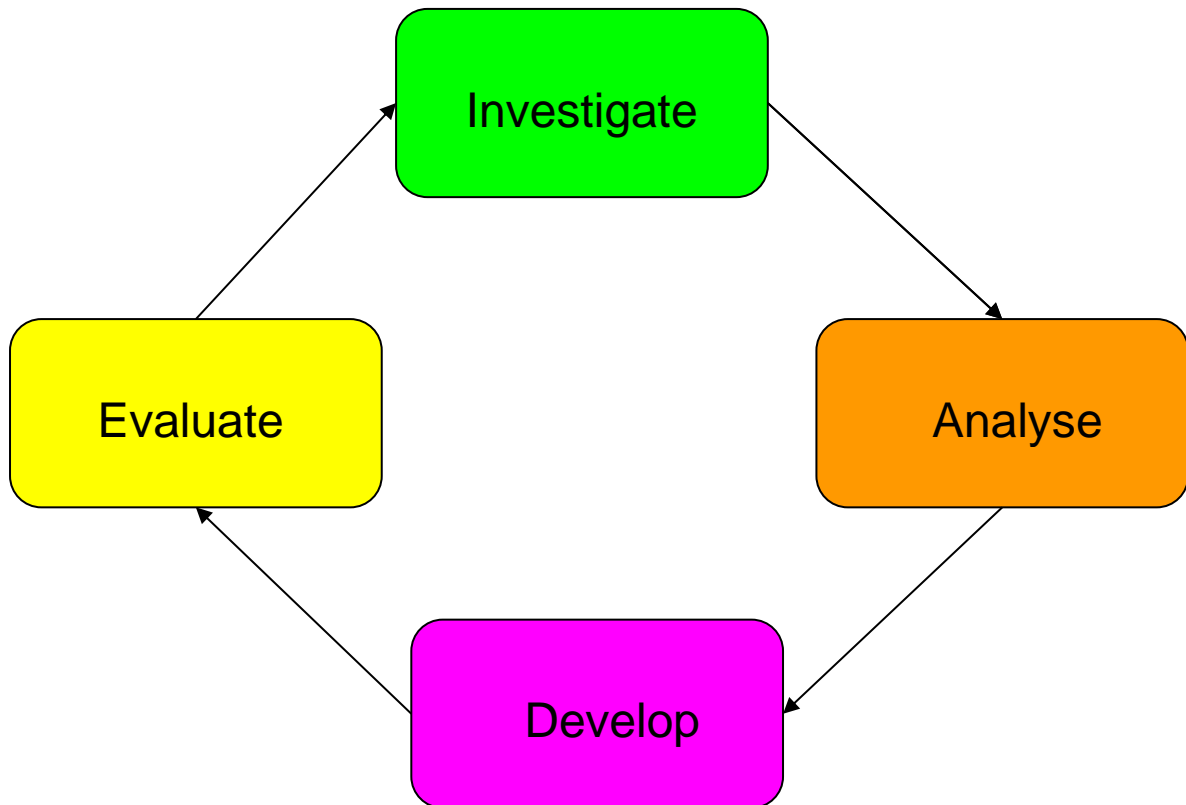
Task 3

1. Choose one of the sub-factors you identified in task 2. Describe how this sub-factor is needed in your chosen activity. What IMPACT does that factor have?

2. Choose a DIFFERENT sub-factor you identified in task 2. Describe how this sub-factor is needed in your chosen activity. What IMPACT does that factor have?



Cycle of Analysis



Task 4

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

Methods of Gathering Data

Task 5

Read the paragraph below and 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 _____.

strengths	information	training programme
improve	bleep test	gathering
sit and reach test		weaknesses
		methods of gathering
	data	

Task 6

Identify the sub-factor you think is being investigated to each of the methods of gathering data listed below. For example CRE.

Method of gathering data	Sub-factor being investigated
Bleep test	
Agility T-test	
Sit and reach test	
Skills tests	
Team Feedback	
Sport competition anxiety test (SCAT)	
Profile of mood states (POMS)	
Standing broad jump	
Harvard Step test	
Social Observation Schedule	

Task 7

When we collect data, we have to make sure the information is accurate and valid so we can identify our strengths and weaknesses in our performance. There are considerations we have to make to ensure this .

Read the paragraph below and fill in the blanks.

When collecting data on our chosen sub factor we must make sure we select the most _____ test. This way we will be able to correctly identify if that factor is a strength or weakness. We also have to consider how _____ the method is. For example the Bleep test only requires two cones, a CD/Speaker, a recorder and a meter stick. There is one measurement to make when setting up, meaning it is _____ to carry out. This means the results will be accurate with limited mistakes and also easy to _____.

The General Observation schedule may give less reliable data on my _____. This is because my friend completed the sheet during my gymnastics performance. My friend could have given _____ information because my friend didn't have enough _____ in the activity. This results in inaccurate data collected of my gymnastic performance.

Word Bank

False	Repeat	Appropriate	
Knowledge	Easy	Performance	Practical

Based on Task 7, select the data collection method that will produce the most **accurate** results.

You have to collect data on a Football performance. You are wanting to identify if the performer's anxiety and CRE negatively affects his performance. What two methods would you select?

- 1.
- 2.

Why?

Training Programme



Before starting a training programme, there are things to consider:

1. My/performers strengths and weaknesses
2. What factor your going to develop
3. What approach you are going to use
4. How will you record it
5. Who you will train with
6. How you are going to make it harder or easier.

Task 8

In swimming, we completed interval and fartlek training to improve our CRE. Fill in the paragraph below about these two **approaches**. Read this paragraph and fill in the blanks.

_____ training is known as “speed play”. We completed different _____ of front crawl swimming. For example swimming front crawl 70% of our maximum effort for two widths, then walked for one width, completed pool side tricep dips then swam front crawl one width of 70% of our maximum effort. This was repeated for 5 minutes then we had a 1 minute rest where we recorded our _____.

Interval	Fartlek	intensities	types	heart rate	time	tempo
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Adaptations to consider throughout your programme

- A. Change of location- Make it more game like or create the same competitive environment.
- B. Change the sets/ reps and weight
- C. Change the approach as your performer might get bored
- D. Change the frequency (how often you train)
- E. Rest time
- F. Change of focus temporarily to keep motivated on improving a specific part.

Create your own Training Programme

Task 9: Look at https://www.youtube.com/watch?v=2_y60AaPEIU

1. Pick a performer you would like to make a programme for.
2. Write the performers name as a heading.
3. Follow the instructions on the table.
4. You might have to research an approach to develop a factor you have chosen. Please use BBC bite size

<https://www.bbc.co.uk/bitesize/guides/z6qfmfr/revision/1>

Performer:

Two factors that have negatively impacted the performance. (Factor 1 must be Physical)	How would you collect data ? <i>(Bleep test, SCAT test)</i>	Identify an approach to get better. One approach for each factor <i>(interval training, deep breathing)</i>	How long would you do each approach for? <i>(3 sets of 15)</i> When would you do it?	How do you make it harder? (See above)
Factor 1 Why?	Method 1	Approach 1		
Factor 2 Why ?	Method 2	Approach 2		