

S3 Elective Home Learning Task week beginning 22nd February

Support Notes:

1. Use the 'Introduction to Factors Impacting Performance' PowerPoint from S3 – Elective PE – w.b 1.2.21 on the Home Learning Hub to identify the correct sub factor for each 'impact on performance' description.
2. Identify 2 sporting activities for each sub-factor *e.g. Flexibility is needed in Dance and Gymnastics.*
3. Use YouTube or BBC Sport to research positive and negative examples of each sub factor *e.g. Positive sporting example: good speed allowed Ronan Kelleher to run through France's line of defence into space and score his first Ireland Try during their 6 Nations match on Sunday 14th February.*

Steps:

- i – identify sub factor (Speed)
- ii – identify sport/event (rugby/6 nations)
- iii – describe sub-factor (run through defence, into space)
- iv - identify impact positive/negative (score a try)

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Impact on performance	Sub factor	Activities which need sub factor:	Positive sporting example	Negative sporting example
a. You will need this sub factor in order to keep up with play or maintain a high skill level.		1. 2.		
b. You will need this sub factor to work well in a group through communication and cooperation.		1. 2.		
c. You need this sub factor for activities that require you to change direction quickly whilst keeping balanced and in control.		1. 2.		
d. You will need this sub factor to control		1.		

your emotions and to support performance.		2.		
e. You will need this sub factor to increase your range of movement and to support body transitions during performance in turn reducing the risk of injury.		1. 2.		
f. You will need this sub factor to perform explosive movements with strength and speed.		1. 2.		
g. You need this sub factor when trying to beat an opponent, to lose a defender, to get into space or to support an attacking opportunity.		1. 2.		