

Keep up to date and follow our
socials:



WHEC_HWB



@WHEC_HWB



@WHECHWB

Factors Impacting
Performance

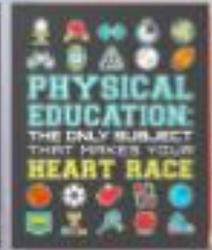
This week's learning outcomes are to:

- Test your knowledge!

Success Criteria:

1. I can independently complete the Quiz, using my notes if necessary.
2. I can identify my strengths in knowledge for FIP.
3. I can identify my areas of development for understanding FIP.

#TEAMWHEC



Online Learning Checklist:

- **S3 FIP Workbook:**

1. *Task 1-3 (wb 18.01.21 and 25.01.21)*
2. *Task 4-5 (wb 01.02.21)*
3. *Task 6-7 (wb 15.02.21)*

- **Factors Impacting Performance Extension Task:**

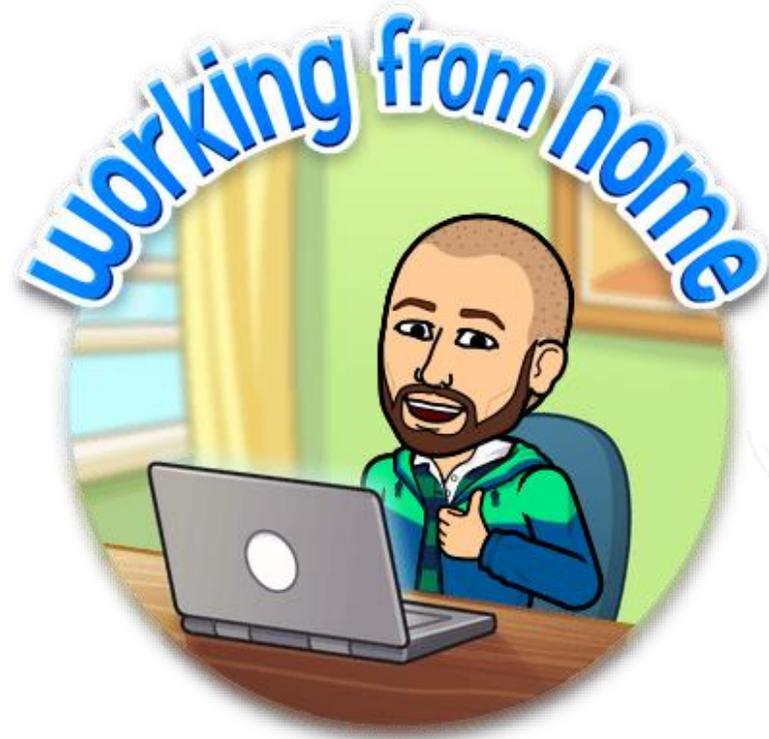
1. **Sub-factors (22.03.21)**

- **Methods of Gathering Data**

(wb 01.03.21)

- **Standardised Fitness Testing at Home**

(wb 08.03.21 and 15.03.21)



Use this as a revision list to complete the Quiz!

QUIZ: Follow the link/Scan the QR Code to access this week's Task:

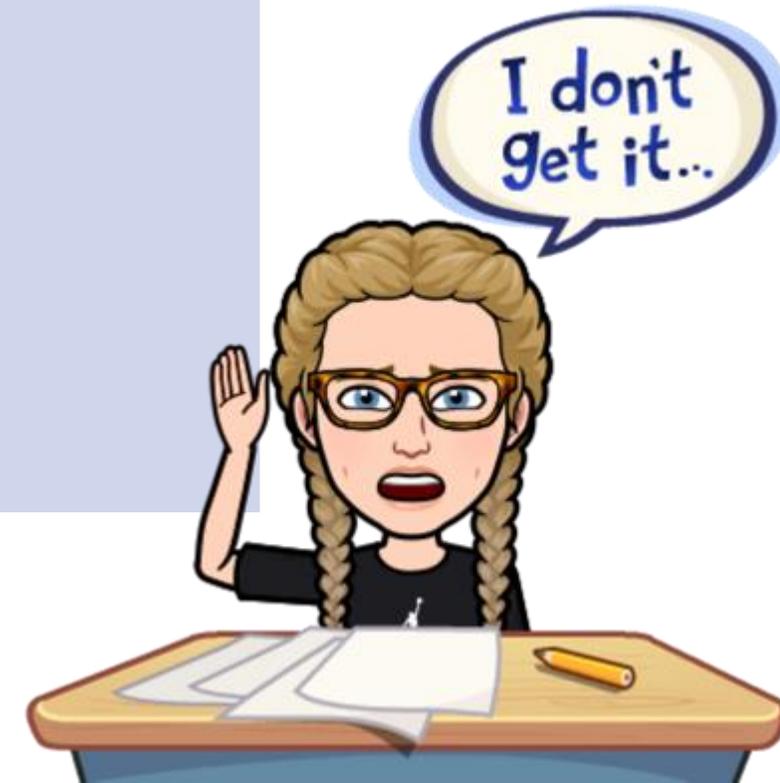
- <https://forms.office.com/Pages/ResponsePage.aspx?id=af6sSGo3tUKfacnke7-5xAOJHnBuOxILm4tle7-tzINUQkNOOTRHTFhUT0s2TlozRIMwT0dFRUFGOS4u>



Quiz Evaluation:

Strengths – what topics did I answer correctly?	Areas of Development – what topics did I need my notes to help answer the questions correctly?	Weakness – what topics was I unable to answer?

Identify at least 2 each.



Practical Challenge: wb 22nd March

1. Create a Strava account – *follow the privacy guidelines on Slide 7.*
2. Explore Clubs to follow **WHEC_HWB** – request to follow, we are a private club and only staff and pupils at WHEC will be given access.
3. Set yourself a weekly distance challenge e.g. daily mile, 15km, etc.
4. Walk/Run/Cycle
5. Record on STRAVA (Free version of the App)

How many miles can we clock up as a Club?

Who will cover the longest distance this week?

Who will meet their target?



Getting started with Strava



1. You will require a mobile phone with access to apps.
2. Download the free version of Strava.
3. To ensure participant safety, follow the next steps to ensure privacy:
4. Settings -> change all “where you appear” settings to “**followers only**” – only family, friends and WHEC_HWB should be accepted as a follower.
5. GPS records your activity route that only followers can see. Create a “**privacy zone**” to protect your home address – in Settings hide your start and finish points within Privacy Controls -> Privacy Zones. This will record your route however hide followers accessing these sections of your route.