

## Higher PE – Homework questions

### Block 1: 16<sup>th</sup> of August to 7<sup>th</sup> of October

#### Analyse and evaluate factors which impact on performance in physical activities performance in an activity.

1. Choose **one** factor that impact on performance (physical, mental, emotional, and social).

Choose one recognised method used to identify your chosen factors.

Break down the method into its component parts. You must identify at least **two** relevant aspects of the method, and analyse the relationships between these aspects and your chosen factors. Your analysis could include considerations such as what affects:

- ◆ the validity and reliability of the method
- ◆ the specificity of the method to the factor
- ◆ the ease of carrying out the method
- ◆ the consideration of specialist equipment/cost implications
- ◆ the protocols of the method
- ◆ any other relevant considerations
- ◆

2. Choose **a different** factor than you had used in question 1 that impact on performance (physical, mental, emotional, and social).

Choose one recognised method used to identify your chosen factors. (Different to what you have used in question 1)

Break down the method into its component parts. You must identify at least **two** relevant aspects of the method, and analyse the relationships between these aspects and your chosen factors. Your analysis could include considerations such as what affects:

- ◆ the validity and reliability of the method
- ◆ the specificity of the method to the factor
- ◆ the ease of carrying out the method
- ◆ the consideration of specialist equipment/cost implications
- ◆ the protocols of the method
- ◆ any other relevant considerations

3. Evaluate the positive and negative impact of factors on a performance. You can refer to your own performance or someone else's performance. Again, you need to choose one factor to focus on from: mental, emotional, social or physical.

You must include:

- ◆ at least one specific positive impact of the factor on performance
- ◆ at least one specific negative impact of the factor on performance

4. Evaluate the positive and negative impact of factors on a performance. You can refer to your own performance or someone else's performance. Again, you need to choose one factor to focus on from: mental, emotional, social or physical. (Different to what you have used in question 3)

You must include:

- ◆ at least one specific positive impact of the factor on performance
  - ◆ at least one specific negative impact of the factor on performance
5. Explain **One approach** to performance development based on the evaluation in question 3. In your explanation, you should clearly specify the relevance of the approach you have chosen to the factor you have focused on.
  6. Explain **One (different to question 5) approach** to performance development based on the evaluation in question 4. In your explanation, you should clearly specify the relevance of the approach you have chosen to the factor you have focused on.