

Hello and welcome

Barry Kane and Erin Gilbride

Higher Physical Education

## 3 areas for this session

1. Course overview & Assessment
2. Assessment timeline
3. Tips and hints for support

# 1. Course Overview

There are five broad areas:

- Factors impacting on performance (mental, emotional, social and physical)
- Methods of collecting information to analyse factors impacting on performance
- Key planning information
- Performance development process
- Recording, monitoring and evaluating performance development

# 1. Assessment

- Component 1: Exam

50 marks (50%)

2 hours 30 mins

- Component 2: Two performances

This is scaled by SQA to represent 50% of the overall marks for the course assessment. Each single performance event is marked out of 30.

## 2. Assessment timeline

- Prelim January 2019
- Final Exam April 2019
- Ongoing class tests to ensure pupils have an understanding of course areas.
- Performances throughout the year when appropriate.

# 3. Tips and Hints

Performance.

Participation at clubs is vital, either outside of school or inside at Lunchtime or afterschool clubs.

Involvement in high quality sport has a direct impact on final performance grade.

# 3. Tips and Hints

Theory.

Command words are the key to success.

- Describe
- Explain
- Analyse
- Evaluate

# Describe

We need the pupils to paint us a picture with words. What did it look like and what did you actually do?

SQA Past Papers questions with Describe.....

Describe how you gathered data on the mental factors. (4)

Describe two approaches you used to develop physical factors. (4)

Describe one method used to monitor the impact of social factors on performance development. (4)

Describe one short term and one long term goal a performer may set when developing emotional factors which impact on performance.  
(4)



# Describe

1<sup>st</sup> task that could be done at home: Describe how you made dinner?

I am making Spaghetti Bolognese. Firstly I brown 500g of steak mince in a large pot with a smearing of oil to avoid burning the mince. I finely chop two red onions and add them to the pot. 2 large grated carrot are next to thicken the mince. At this point I wash and chop some button mushrooms. While all this is happening I boil a pot of water for the pasta. I measure out 400g of spaghetti and place into the boiling water with a pinch of salt. I crush 4 cloves of garlic and add them to the diced peppers in the pan. Finally I add my gran's famous tomato based sauce. This is the most important part of the cooking process, I bring the mince to a simmer and leave for 15 mins to soak up the flavours. To serve I drain the pasta and place a dollop of mince on top with some grated parmesan cheese.

# Explain

This is the why question. Explain why and impact

SQA Past Papers questions with Explain.....

Explain what a performer might consider when setting goals to develop emotional factors. (4)

Explain why it is important to monitor progress when developing physical factors which impact on performance. (4)

Explain why it is important to collect information about the impact of emotional factors on performance before starting a development plan. (4)

Explain possible future development needs within physical factors which impact on performance. (4)

# Explain

- Because ...
- So that...
- In order to allow me to ...
- To make sure that ...
- To provide me with the opportunity to ...
- When I needed to ...
- This means that...
- This allows...

# Explain

2<sup>nd</sup> task that could be done at home: Explain why you want that car?

I want that car because it has four doors, *this means that* I don't need to get out the car when I pick up my friends they can just jump right in and I don't get wet.

Another reason is I'd prefer to drive a petrol car as the current oil prices mean that diesel is incredibly expensive *this means that* that with a petrol car I can afford to drive around more.

This car has excellent boot capacity, *as a result* when I go camping with the lads all our equipment can fit in the boot meaning that there is plenty of space inside the car to spread out.

Finally, the integrated sat nav and stereo are high quality *this means that* I can travel to places without getting lost whilst listening to great beats.

# Analyse

Break this question down into the important parts, why they are important and the impact if these are put in place.

SQA Past Papers questions with Analyse.....

Analyse approaches which may be used to overcome the negative impact of the presence of others during performance, practice or training. (8)

# Analyse

Break down the method or approach thinking about organisation issues, practicality, appropriateness, reliability, validity.

What is important?

Why is it important?

What is the impact?

# Analyse

3<sup>rd</sup> task that could be done at home: Analyse the process of going for an interview.

It is important to set a couple of alarms when getting up earlier than normal for a job interview. This means that I have time to get up, put a smart suit on and get a bus to ensure I arrive 15 mins before the start of the interview.

It is important that I get an early bus to the interview venue. I will go for the bus an hour earlier to ensure I am in town with plenty of time. This means that if the bus does not show up or the traffic is heavy I will still arrive before the interview.

It is important that I am ready for the weather. I need to ensure that I have a waterproof jacket and umbrella to avoid being soaked in the rain. This means that if I am caught in the rain I will still appear presentable.

Finally it is important that I am prepared. I will need to ensure I know where the building is the weekend before the interview. This means that I know exactly where I am going and therefore avoid getting lost or showing up late adding to my stress levels.

# Evaluate

You are making a judgement and backing this up with evidence/opinion.

SQA Past Papers questions with Evaluate.....

Evaluate possible approaches which could be used to ensure future performance will improve. (8)



# Evaluate

- Demonstrating a significant improvement.
- Clearly results show ...
- Overall the preferred method would be ... because...
- The approach most useful was ... because ...
- As a result...
- Now due to...

# Evaluate

4<sup>th</sup> task that could be done at home: Evaluate the episode of GBBO you have just watched.

The current GBBO presenters are in my opinion superior to the former BBC presenters. This is because their style of humour is funnier than the old presenters. As a result I laughed more and will be more likely to tune in next week.

I thought this weeks task was not as entertaining as previous weeks. This was due to the lack of nervous tension as everyone was comfortable with the task that had been set. As a result I lost interest during the task and sat on my phone instead.

However, I really enjoy watching this years contestants. This is because there are a wide range of personalities and in this weeks episode everyone is of a very similar standard. As a result I looked forward to seeing which contestant would have to leave as it was not as obvious as other weeks.

Overall, I do love the GBBO on Chanel 4. I think it is one of the most entertaining shows on TV and can't wait to see next weeks task!