

Units

Factors Impacting on Performance

- On-going assessment through log-book
- Demonstrate knowledge and understanding of the Mental, Emotional, Social and Physical factors
- Analyse and evaluate factors that impact on performance
- Prepare and implement a development plan to improve performance
- Evaluate the process of personal performance development

Performance Skills

- On-going assessment
- Assessed in a minimum of 2 activities throughout the year

Demonstrate (in challenging contexts):

- a comprehensive range of complex movement and performance skills
- working cooperatively with others
- precise body and spatial awareness
- techniques, compositions and tactics
- appropriate, safe and effective decisions

HIGHER

Assessment

Exam

- 40% of overall grade (A-D)
- 1hour 30min exam
- Questions will relate to the MESP factors on performance:

Section 1:

3 questions based on acquired knowledge of MESP (24 marks)

Section 2:

1 Scenario based question on applied knowledge of MESP (16 marks)

Performance

- 60% of overall grade (A-D)
- One off challenging performance in practical exam conditions
- Choice of performance contexts
- 8 marks for planning/preparation
- 40 marks for performance
- 12 marks for evaluation
- 60 marks out of 100