

Units

Factors Impacting on Performance

- Learning through theory and practical lessons
- Collect data on performance
- Understand some of the Mental, Emotional, Social and Physical factors that impact on performance
- Describe the effects of MESP factors on performance

Performance Skills

- Experience MESP factors across a range of activities

Demonstrate:

- a range of movement and performance skills
- working cooperatively with others
- some body and spatial awareness
- techniques, compositions and tactics

NATIONAL 4

Added Value Unit

Performance

- Competitive and demanding environment for performance
- Choice of activity to perform in
- Prepare → Perform → Evaluate
- Compete with and against neighbourhood high schools