

Units

Factors Impacting on Performance

- On-going assessment through log-book
- Demonstrate knowledge and understanding of the Mental, Emotional, Social and Physical factors
- Investigate the effects of MESP factors on performance
- Prepare and implement a development plan to improve performance.

Performance Skills

- On-going assessment
 - Assessed in a minimum of 2 activities throughout the year
- Demonstrate (consistency in):
- a comprehensive range of movement and performance skills
 - working cooperatively with others
 - body and spatial awareness
 - techniques, compositions and tactics

NATIONAL 5

Assessment

Portfolio

- 40% of overall grade (A-D)
- Understanding:
- factors that impact on performance
 - planning, developing and implementing approaches
 - monitoring, recording and evaluating performance
- 40 marks out of 100

Performance

- 60% of overall grade (A-D)
- One off special performance
- List of activities given to perform in
- 10 marks for planning/preparation
- 40 marks for performance
- 10 marks for evaluation
- 60 marks out of 100