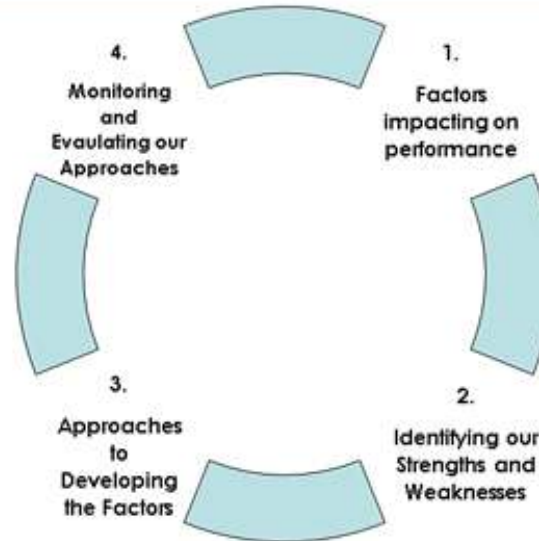


Cycle of Analysis

P. Physical
E. Emotional
M. Mental
S. Social

Physical	Emotional	Mental	Social
<ul style="list-style-type: none">• Cardio• Respiratory• Endurance (CRE)• Agility• Flexibility	<ul style="list-style-type: none">• Anger• Fear• Confidence	<ul style="list-style-type: none">• Decision Making• Motivation• Concentration	<ul style="list-style-type: none">• Roles and Responsibilities• Relationships• Communication

Cycle of Analysis



Key Points and Your Plan



Throughout this year, you will follow the cycle of analysis:

1. You will start by looking at the 4 factors that can impact on performance
2. **5. Each Factor has Sub-Factors:** These sub-factors impact on your performance either in a **Positive** or **Negative** way.
3. You will complete a variety of **Methods** that test the sub-factors to show your strengths and weaknesses!



Continued

4. You will complete a variety of **Approaches** that can improve on your weaknesses within a **Personal Development Plan (PDP)**
5. You will then **Monitor and Evaluate** your progress through your **PDP** to see if you have improved!

In summary, You will:

- look at each of these **Factors & Sub-Factors**
- Improve and show your understanding
- use tests to see if they are a strength/weakness
- then see how you can improve on them.



Physical Factor

This is your 1st factor: **Physical Factor**

This is how your body performs physically!

There are 3 **Sub-Factors**:

1. Cardio-Respiratory Endurance (CRE)
2. Agility
3. Flexibility



Defining these sub-factors

Read the definitions:

CRE- Cardio Respiratory Endurance (Fancy for Stamina):

Cardiorespiratory Endurance is the ability of the heart and lungs to provide oxygen to working muscles with for a long period of time to avoid getting tired

Agility : Agility uses a combination of speed and flexibility to allow for a change of direction.

Flexibility: Flexibility is the range of movement across a joint

*There are two types of flexibility: **Static flexibility** is necessary when you are holding a part of the body still (**Holding your arm across your chest** for example). **Dynamic flexibility** uses the full range of movement across a joint for a short time (**High kicks** for example).



Task

You are going to:

1. Watch all of the clips on the **Physical Sub-factors**
2. This will show you them in action to help your understanding
3. Watch the clip then answer the questions on the task sheet which is attached on your assignment!

Cardio Respiratory Endurance

Mo Farah

<https://www.youtube.com/watch?v=RkzCtCr85WE>

Brownlee Brothers

<https://www.youtube.com/watch?v=liCRrheKIOI>

Task: Click and watch the clips then answer the task sheet



Agility

Basketball:

<https://www.youtube.com/watch?v=ql5fFhn98C0>

Rugby:

<https://www.youtube.com/watch?v=6JJCo3ZNpDQ>

Task: Click and watch these clips and answer the task sheet





Flexibility



<https://www.youtube.com/watch?v=6cnxMhaqzJ8>

Task: Click and watch the clip, go to 3 minutes!. Then answer on the task sheet