



NATIONAL 5

INTRODUCTION AND COURSE OVERVIEW

LEARNING INTENTIONS & SUCCESS CRITERIA

LI: gain a clear understanding of what the National
course entails.

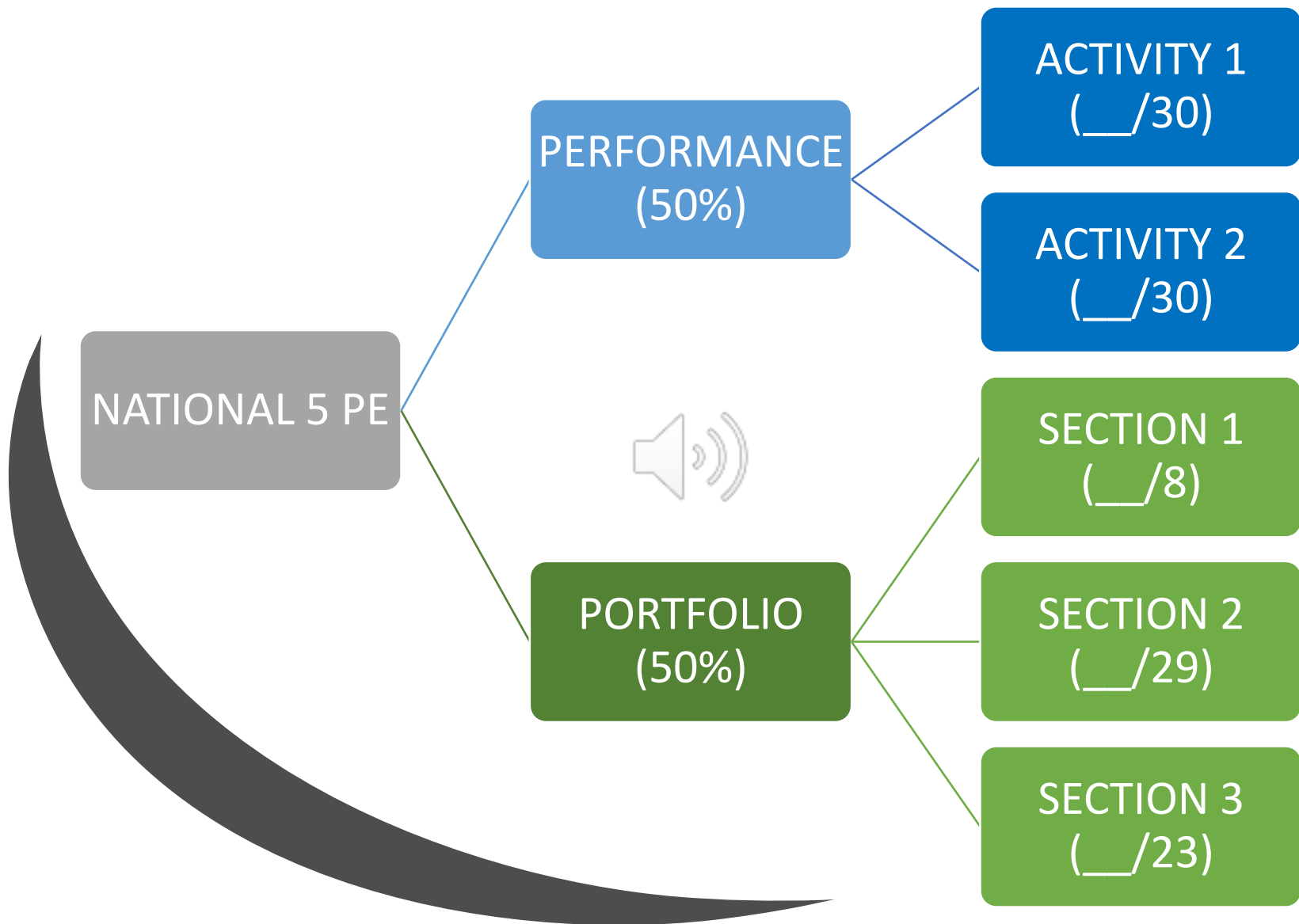


SC1: I can identify the **2 types of assessment** in the course.

SC2: I can identify the **4 factors** on the course.

SC3: I can identify the **different stages of the cycle of analysis** each factor goes through.





MENTAL
Anxiety
Concentration
Decision Making
Mental Toughness

EMOTIONAL
Anger
Confidence
Resilience
Trust

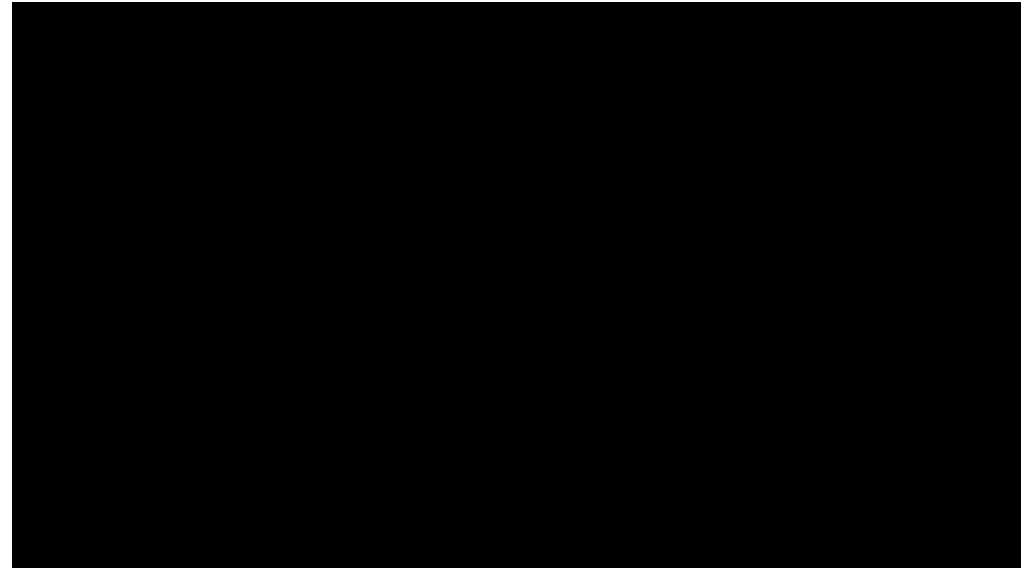
THE  FACTORS

SOCIAL
Communication
Etiquette
Roles and Responsibilities
Team Dynamics

PHYSICAL
Agility
CRE
Power
Speed

TASK 1: IDENTIFY THE SUB-FACTOR!!!

- The factor under observation in this video is the **mental factor**.
- Watch this tennis rally and identify the **mental sub-factor** that **Maria Sharapova (pink dress)** uses to help her win the point.





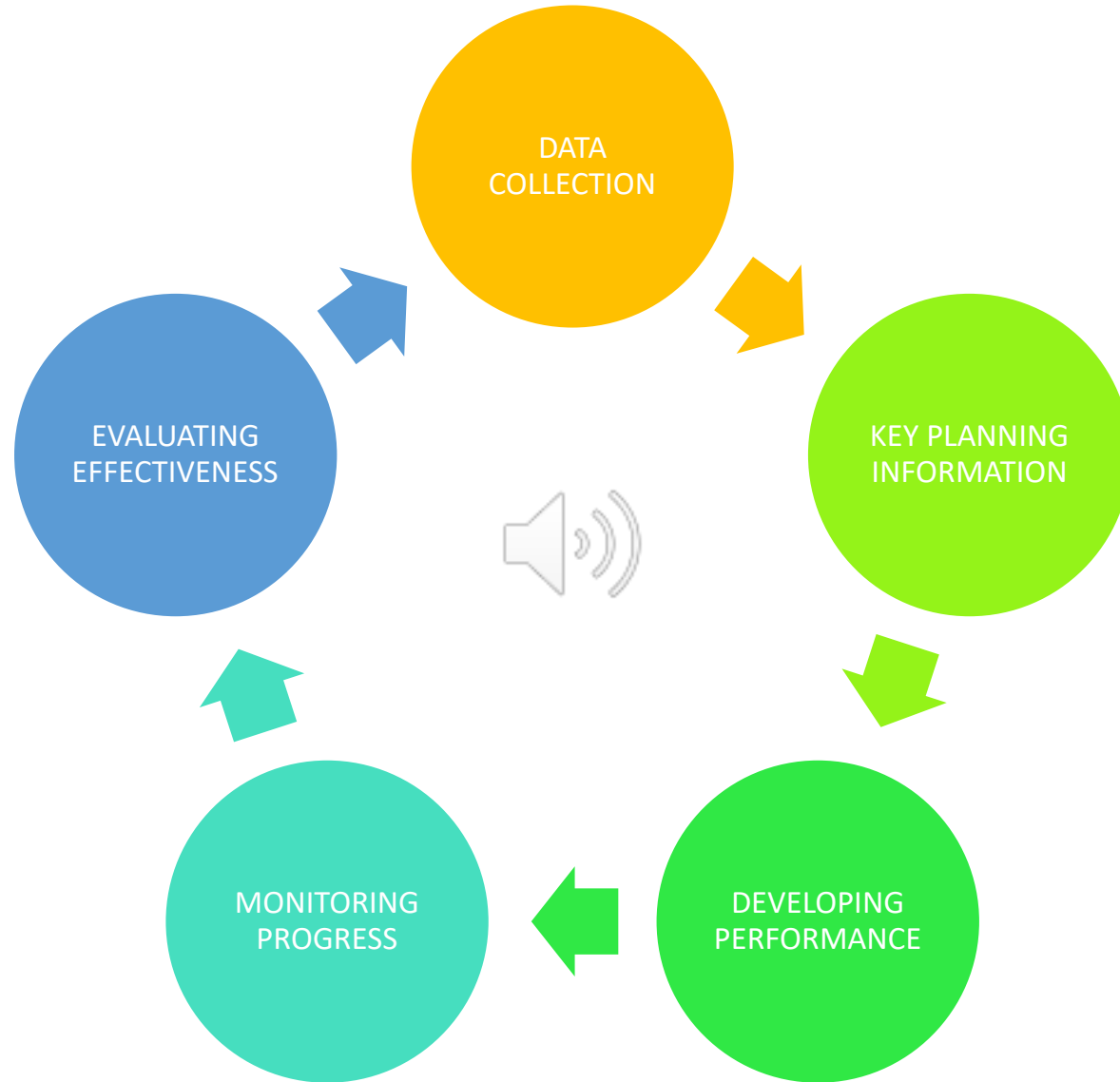
DECISION
MAKING

TASK 2: SUB-FACTOR BUZZ WORDS!

SUB-FACTOR	BUZZ WORD(S)
Power	Frustration!!!
Concentration	Changing direction quickly!!!
Anger	Explosive movements!!!
Communication	Persevere in difficult moments!!!
Agility	Respecting opponents!!!
Mental Toughness	Focus!!!
Confidence	Self-belief!!!
Etiquette	Loud!!!

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TASK 3: CLOSE READING.

- Read this extract and answer the questions that follow.

At the start of the cycle of analysis is data collection. This is where we identify our strengths and weaknesses in a factor. Moving on from here, we then set targets and plan a personal development plan (PDP). During this PDP, we complete approaches that helps us improve our weaknesses. For example, we may use Team Building Games to help develop team dynamics. After each session we monitor our progress using a training diary. This let's us see how the session went and plan for the next session. At the end of the cycle, we evaluate how effective our PDP was to measure improvements. It also let's us set appropriate next steps as we begin the cycle again.

1. What do we do at the data collection stage?
2. T/F: a PDP includes METHODS to help us develop our performance.
3. What is the time difference between monitoring and evaluating?



#All2 Sounds

TASK 3: ANSWERS!

1. We **identify our strengths and weaknesses** in each factor at the data collection stage.
2. False: we use **APPROACHES** to develop our performance.
3. **Monitoring** occurs at the **end of every session** whilst **evaluating** occurs at the **end of the PDP**.



DID WE ACHIEVE OUR SUCCESS CRITERIA!

