

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 and responses to variables



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

OneDrive

POWERPOINTS / NOTES

CLASS RESOURCES

HOME LEARNING

PAST PAPERS

Interventions

Attendance

Home Learning

Study Club Attendance

Missed Class Catch-Up

Practical Performance Log

Faculty Monitoring Sheets



HIGHER



Additional Support

Tuesday 3:30-4:30pm

Thursday 3:30-4:30pm

Any other time by appointment