Higher Physical Education Approaches to Performance Development
There are many approaches to develop performance in relation to the factors that impact on performance.

Each factor area has different approaches and this slide show will describe these approaches.
Mental

- Visualisation
- Imagery
- Mental Rehearsal
Visualisation

* Visualisation is ‘seeing’ the best positive outcome for the skill/technique you are about to perform.
* You ‘see’ the outcome by thinking about what you are about to do.
* Relax and think of 100m race and imagine you crossing the line first.
* Visualisation can be used to develop concentration, motivation and focus of attention.
Imagery

* Imagery involves you imagining yourself in an environment performing a specific activity using all of your senses (sight, hear, feel and smell).

* Close your eyes and imagine you are about to do a gymnastics routine in front of the class.

* What do you see, hear, feel and smell?

* Imagery can be used to develop **perception**, **processing information** and **mental toughness**.
Mental Rehearsal

- Mental rehearsal is thinking about yourself completing a full skill/technique/game from start to finish.
- If you are a day away from a volleyball match you would run through the following stages in your head.
  - Arriving at the venue, warming up, playing the first point, finishing the first set, finishing the game, cool down after the match.
  - You can rehearse yourself going through the game and also you could rehearse yourself seeing yourself during the game.
  - Think of an activity you are about to take part in and try and see yourself performing well in that activity.
- Mental rehearsal can be used to develop concentration and focus of attention.
These three approaches to performance development share many themes and can help with a combination of the mental factors.

To become proficient in the use of these approaches you have to use it every day: on your way to training, during training and after training. In every training session, before you execute any skill or combination of skills, first do it in your head. See, feel, and experience yourself moving through the actions in your mind, as you would like them actually to unfold. In a competition situation use these approaches before the start of the event and see your self performing successfully/winning.
A few videos..

- http://youtu.be/KGbZJqYiAoA
Emotional

- Team talks
- Rewards (intrinsic and extrinsic)
- Self talk – (recognise, regroup, refocus)
Team Talks

* Team talks are often performed by coaches, managers and captains.
* During a team talk often the game plan and positive messages are given.
* Team talks can help to develop confidence and optimism in a positive outcome.
Rewards (intrinsic and extrinsic)

* You can get rewarded while taking part in sport. There are two types of rewards: Intrinsic (self) and Extrinsic (external)
* For example you could get intrinsic rewards by feeling good after beating an opponent in Badminton who you have never beaten before. You could get extrinsic reward by winning a trophy for being the best player at a tournament.
* Rewards can help to develop belief in own ability and realising potential.
Self talk – (recognise, regroup, refocus)

- You can use an approach called self talk to develop performance. This approach has 3 main sections.
- Recognise – you need to recognise where your weakness is.
- Regroup – you need to make a plan for the future.
- Refocus – you need to put the plan into action.
- For example in football if you have anger issues and have received a red card for kicking out at an opponent you recognise this as a weakness, you plan some training to stop you kicking out in the future and you then put what you trained into practice.
- Self talk can help to develop self control and channelling aggression.
A few videos...

* [http://youtu.be/jFGZw6mtveA](http://youtu.be/jFGZw6mtveA)

* [http://www.youtube.com/watch?v=7PzX8j6Ao_w](http://www.youtube.com/watch?v=7PzX8j6Ao_w)
Social

- Partner/group work
- Use of role models
- Defining roles
Partner/group work

- Working with a partner and/or group can be used as an approach to develop performance.
- During training sessions you will have to work to the best of your ability for you all to achieve your targets.
- Partner/group work can help to develop cooperating with others and respect for self and others.
Use of role models

- A role model is a performer who sets a good example for others to follow.
- You could research role models as part of a training programme.
- Role models can help to develop **fair play and conduct of self**.
- Can you think of a role model for a sport of your choice?
Defining roles

* Understanding your specific role within an activity can help you achieve specific targets.
* Understanding roles of others can help you gain a wider knowledge on the activity overall.
* For example, my role in hockey is a goalkeeper. I need to know the skills and qualities a hockey goalkeeper will need. I will also need to know the qualities of defenders, midfielders and attackers to allow me to build relationships with them on the hockey pitch.
* Defining roles can help to develop contributing in a team/group and respect for self and others.
A few videos...

* [http://youtu.be/IV-sFx5ZLs8](http://youtu.be/IV-sFx5ZLs8)
Physical

- Principles of training
- Principles of effective practice
- Opposed and unopposed practices
Principles of training

* Principles of training is an approach to develop physical factors.
* There are seven principles of training to take into consideration when planning a training session:
  * Specificity/Progressive Overload/Frequency/Intensity/Duration/Reversibility/Adaptation
* Principles of training can help to develop the aspects of physical fitness.
Principles of effective practice

* Principles of effective practice is an approach to develop physical factors.
* There are eight principles of practice to take into consideration when planning a training session:
  * Progression of practices/Appreciation of work rest ratio/Boredom/Fatigue/Consideration of strengths and weaknesses/Comparison to model performer/Variety/Enjoyment
* Principles of effective practice can help to develop skill repertoire and technical qualities.
Opposed and unopposed practices can be used to develop physical factors.

- Opposed practices are when you are practicing under pressure against an opponent. This could be a 3 v 3 or a 3 v 2.
- Unopposed practices are when you are practicing with no pressure against no opponents. This could be a solo shooting practice.
- Opposed and unopposed can help to develop principles of play and tactics.
A few videos...

* [http://youtu.be/Pxv7ENvfUOk](http://youtu.be/Pxv7ENvfUOk)

* [http://www.youtube.com/watch?v=lPJVDLRyXKs](http://www.youtube.com/watch?v=lPJVDLRyXKs)