**Planning For Performance**

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| **Criterion D: Reflecting and Improving Performance** | | | | |
|  | **Beginning (1-2)** | **Developing (3-4)** | **Accomplished (5-6)** | **Exemplary (7-8)** |
| *I have not achieved a standard described by any of the descriptors to the right*. | **identify** goals to enhance performance  **outline** and **summarize** performance. | *I am able to:*  **outline** goals and **apply** strategies to enhance performance  **describe** and **summarizes** performance. | *I am able to:*  **explain** goals and **apply** strategies to enhance performance  **explain** and **evaluate** performance. | *I am able to:*  **develop** goals and **apply** strategies to enhance performance  **analyse** and **evaluate** performance. |
| ***Part One: Goals***  ***Part Four: Evaluation of performance*** | **Identify**: select an example  **Outline and Summarize:** Give a brief account of what happened, list | **Outline:** List Briefly  **Describe and Summarize:** Describes what happened | **Explain:** Give detail  **Explain and Evaluate:** Give a detailed account and assess the big picture *Explain: Elaborate on description with example or relevant key details, connect plan with how it will improve performance, Evaluate: Assess and make judgement on the overall picture* | **Develop:** detail with personal connection  **Analyse and Evaluate:** Breakdown the detailed account analyse and evaluate the parts  *Analyse: Meaning or purpose of the plan*  Look at the parts of the plan, its elements, structure, processes … and relationships *Evaluate: Use analysis to evaluate or make a judgement of the quality, overall result or effectiveness of the plan, was the outcome successful or not, useful or not, valid or not ….what could be done differently* |

**Part One:** Choose an activity-based SMART goal that will enhance your fitness level or skill/performance level.

S = specific M = measureable A = Attainable R = Realistic T = Time bound

Your goal should include a number and be measurable. It should Target health –related or skill –related fitness components.

Ideas: An event? Go for 2 runs, do 20 pushups a day, go for a hike for 2 hours, Juggle the soccer ball for 70 times, participate in an certain number of activities at the rec center, timed pinetree

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| My goal is: |
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| How will this activity enhance your performance? What is the purpose? |
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| What strategies will you apply to enhance your performance? |
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**Part Two:** Action Plan

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| **Criterion B: Planning for Performance** | | | | |
| **(0)** | **Beginning (1-2)** | **Developing (3-4)** | **Accomplished (5-6)** | **Exemplary (7-8)** |
| *I have not achieved a standard described by any of the descriptors to the right* | *I am able to:*  **construct and outline** a plan to improve physical performance or health  **outline** the effectiveness of a plan based on the outcome. | *I am able to:*  **construct and describe** a plan to improve physical performance or health  **explain** the effectiveness of a plan based on the outcome. | *I am able to:*  **design and explain** a plan to improve physical performance or health    **analyse** the effectiveness of a plan based on the outcome. | *I am able to:*  **design**, **explain** and **justify** a plan to improve physical performance or health  **analyse** and **evaluate** the effectiveness of a plan based on the outcome. |
| **Descriptors** | | | | |
| **Part Two: Plan to meet the goal**  **Part Three: Effectiveness of Plan** | ***Outline:*** *List parts- may be out of order*  ***Outline: Give a brief account*** | ***Construct:*** *Build or Put together parts, display info in logical form*  ***Describe :*** *List with detailed steps, explain the process*  ***Explain: Give a detailed account*** | ***How will you improve performance***  ***Design:*** *Build Plan with a purpose*  ***Explain: (Detailed How- give cues)***  *Elaborate on description with example or relevant key details, connect plan with how it will improve performance*  ***Analyse: Meaning or purpose of the plan***  Look at the parts of the plan, its elements, structure, processes … and relationships | ***Why will this improve your performance ?***  ***Justify:*** *, explain the connection, design with a specific connection*  *Give valid reasons or evidence to support answer or conclusion*  ***Evaluate: Use analysis to evaluate or make a judgement of the quality, overall result or effectiveness of the plan, was the outcome successful or not, useful or not, valid or not ….what could be done differently*** |

**The Plan:** Design , Explain and Justify a plan to improve physical performance or health. How and why will this plan improve your performance? **Your plan:** How are you going to achieve this goal? What is the purpose of your plan? Create an action plan to improve your physical performance or health. Use the rubric to formulate this plan. Think of training principles (FITT, overload etc) incorporate PES Scale

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**Part Three**: **Effectiveness of Plan**

Analyse the effectiveness of your plan. See rubric above and descriptors

**Part 1**: What happened? Explain what the actual performance looked like on the day. What was the purpose of the activity and how was it met?

**Part 2:** Did it go as planned? Why or why not? Break down the parts of the plan and look at the relationships between them and the performance

Did you make any adaptations or adjustments? Look at the structure or parts of the plan.

**Part 3:** Was the plan successful? What do you base this judgement on?

What challenges did you have? What were some successes? Why? Did anything surprise you? Did you achieve your purpose , why or why not?

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**Part 4: Analyse and Evaluate The Performance**

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| **Criterion D: Reflecting and Improving Performance** | | | | |
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| *I have not achieved a standard described by any of the descriptors to the right*. | **outline** and **summarize** performance. | *I am able to:*  **describe** and **summarizes** performance. | *I am able to:*  **explain** and **evaluate** performance. | *I am able to:*  **analyse** and **evaluate** performance. |
| ***Part Four: Evaluation***  ***Of Performance*** | **Outline and Summarize:** Give a brief account of what happened, list | **Describe and Summarize:** Describes what happened | **Explain and Evaluate:** Give a detailed account and assess the big picture *Explain: Elaborate on description with example or relevant key details, connect plan with how it will improve performance, Evaluate: Assess and make judgement on the overall picture* | **Analyse and Evaluate:** Breakdown the detailed account analyse and evaluate the parts  *Analyse: Meaning or purpose of the plan*  Look at the parts of the plan, its elements, structure, processes … and relationships *Evaluate: Use analysis to evaluate or make a judgement of the quality, overall result or effectiveness of the plan, was the outcome successful or not, useful or not, valid or not ….what could be done differently* |

How did the performance go? Did you succeed? Did you improve or enhance your performance? Why? How? Why not? What were some successes and challenges? Speak to FITT or overload principle if applicable as well as PES scale or heart rate.

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