**OUTCOME 1.1 PREPARING FOR A PERFORMANCE**

In the table below are examples of different Physical, Social, Mental and Emotional Factors which impact on performance.

|  |  |
| --- | --- |
| **PHYSICAL**- Endurance - Agility- Speed - Coordination- Strength - Timing- Flexibility - Balance- Power - Reaction time | **SOCIAL**- Responsibility - Cooperation- Etiquette - Contributing to team- Respect - Leadership  |
| **MENTAL**- Level of Arousal - Mental Rehearsal- Managing Anxiety - Imagination- Concentration/Focus - Flair- Motivation | **EMOTIONAL*** Confidence
* Self-Esteem
* Anger
* Fear - Nerves
 |

**Task**

* Think about your own performance in BASKETBALL and identify what you think are **your strengths** and **areas for development**.
* Complete the box below with 1 or 2 factors in each box.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Physical** | **Social** | **Mental** | **Emotional** |
| **My Strengths** |  |  |  |  |
| **My Areas for development** |  |  |  |  |