

## **A-Level Physical Education Personal Portfolio**

This form will provide you with a template on which you can produce your Personal Performance Portfolio. You will need to produce one of these documents for each of the topics you will study.

You should complete all details on this sheet and add your response in the section at the bottom. Click into the relevant box and enter the details required. For your response click at the line below "Candidate's Response" and either type your text, or copy and paste from another document.

Once you have completed, or part completed, this form you must save it onto your area of the network on G:\ drive so that you can carry on with it. When finished you should print one copy for your teacher to mark.

### **Candidate's Response:**

I decided to do basketball as my activity. I got myself a basketball, some gloves, sunglasses and earmuffs to help my experiment.

### **What I Did**

I went to an indoor basketball net at my church. I began to warm up jogging around and throwing random baskets. Once I felt I should start I went to the free-throw line and shot 5 times. I scored 4 out of the 5 baskets. I then put on some gloves that didn't have any grip and shot 5 more times from the free-throw line. This time I only got 2 out of the 5 shots in. I then took the gloves off and tried the sunglasses on. These dimmed the light a lot. I took 5 more shots at the free-throw line and scored 3 out of 5. I then took the sunglasses off and put the earmuffs on. I shot 5 times again from the free-throw line and scored 4 out of 5. I didn't think smell; taste or Kinesthesia could affect me throwing a basketball so I didn't try any tests for those senses.

### **How My Senses Affected My Performance**

#### **No Senses Changed**

When I had nothing to affect how I shot, I scored 4 out of 5 baskets. This is because I am not 100% accurate, as I don't practise a lot. Only lack of practise affected my performance.

#### **Touch Changed – Gloves On**

When I had gloves on the ball was more slippery and I couldn't get a good grip on it. This is why I only got 2 out of 5 baskets. By not wearing gloves when shooting normally I wasn't used to these conditions. The gloves affected my performance quite badly.

#### **Sight/Vision Changed – Sunglasses On**

When I had sunglasses on it was harder to focus on the basketball ring. I couldn't get my usual lining as I could normally. This is why I only got 3 out of 5 baskets. Even if I practised a lot with the sunglasses on I don't think I could have adjusted like I could with the gloves. It would take a long time for the eyes to adjust properly. The sunglasses affected my performance slightly

### **Hearing/Audition Changed – Earmuff's On**

When I had the earmuffs on I thought it would affect my balance and performance slightly but it didn't affect me. I scored 4 out of 5 baskets, which shows that I wasn't really affected. I think if I was running about and playing in a game situation then I might be affected, as I am moving and my ears help to balance me. The earmuffs didn't affect me at all.

### **Taste, Smell, Kinesthesia**

I didn't test these senses as I thought they couldn't affect my performance when throwing a basketball from a stationary position.

### **Which Senses Are Most Important**

For my game – basketball the most important senses were Vision and touch. Without these working to their ability in normal conditions then I can't perform to my best ability.

### **How Do My Senses Help Me Process Information**

When I had the gloves on information was picked up that I couldn't grip the ball as easily. This information is stored in the long-term memory as it is relevant information. The next time I shot I could adjust myself slightly as I remembered that I wouldn't get as much grip on the ball. This process is repeated for all the senses. Eventually after repeating the shots in the different conditions I would be able to shoot accurately because my senses picked up the same information over and over again and stored it in the long-term memory. Every time my senses pick up the same information intrinsic feedback is given by the sense Kinesthesia.