

Module 1

Developing competition performance

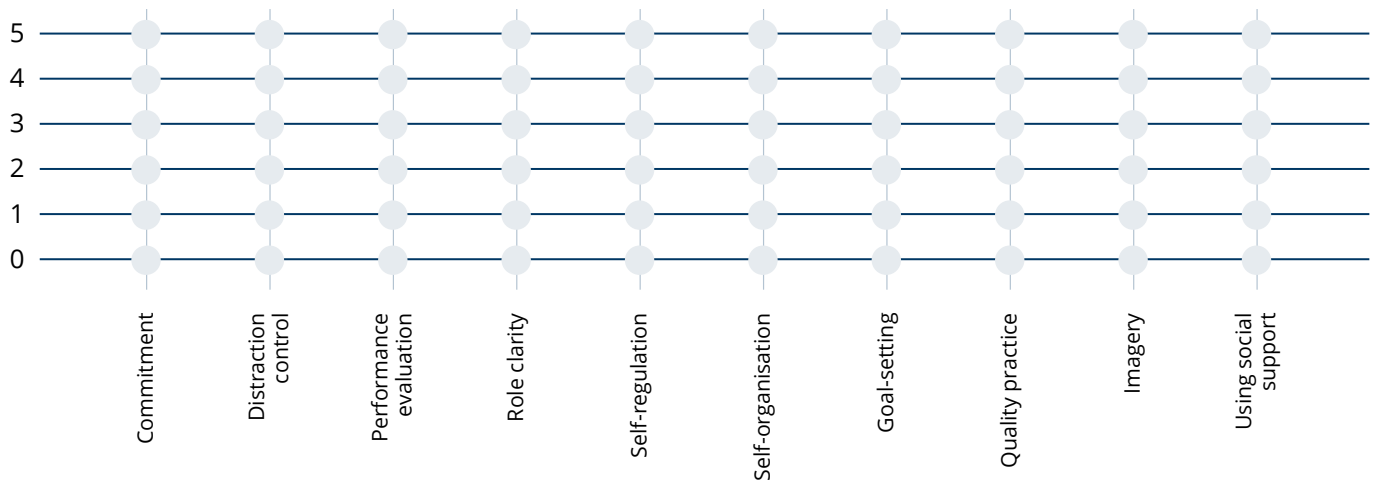
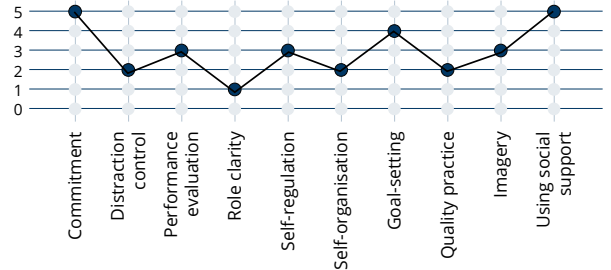
This document includes interactive fields, which means you can type notes with your keyboard in each activity.

Introduction - Your PCDE profile 1

This is Samantha's first PCDE profile. She is a former WS competitor, and completed this graph at the beginning of her training in 2018.

The graph shows how confident she felt with each PCDE. For example, she was really committed, and gave herself a 5/5 on that PCDE. However, she was aware she needed to improve her focus and distraction control skills, as she admitted getting easily distracted; so she gave herself a 2/5.

Can you do the same? Select the dots in the table below to give yourself a score on each PCDE.



Reflective task

What are your strengths and weaknesses?

Look at your graph:

- what did you score 4s or 5s on? These are your PCDE strengths.
- what did you scored 1s or 2s on? These are the PCDEs that you need to work on and improve.

Can you identify some behaviours you do for each strength and weakness PCDE? Use the box below and give examples.

PCDE Strengths	Example behaviours
PCDE weaknesses	Example behaviours

Reflect on your results, share them with your tutor and classmates and discuss why you feel you scored this way. This is the first step to understand how to best use your strengths and how to improve your weaknesses.

Maintaining Focus and Controlling Distractions

Reflective task

Think of a time when you were trying to complete a task and you couldn't concentrate. Write down a few notes in the table below.

Task you were performing	What happened when you lost concentration?	What did you do?	How did you get back to your task?

When we let thoughts, distractions and nerves interfere with the task in hand, performance suffers because we get distracted, lose concentration and focus, and make mistakes.

Maintaining Focus and Controlling Distractions

Activity

Imagine you are preparing for an exam at college that you need to pass to gain your qualification. You are finding it difficult to study because there are lots of distractions.

Write down a few notes on the strategies you would use to block out distractions and help you focus on the task at hand.

Strategies:

(insert a list of bullet points)

Maintaining concentration is critical to performing to the best of your ability but it isn't always easy to figure out what to focus on and how to keep focusing on it.

Your turn

What is the next important event you have coming up?

Do you have a regular routine you perform before an important task, competition, an interview or a similar 'big' event?

1. Write it down:
2. Think about your routine
 - a. What do you find useful?
 - b. Are you missing anything?
3. You might find it useful to reach out and ask your tutor for feedback about your routine.

Realistic performance evaluation

Reflective task 1

Think back to the last task you completed (this could be a piece of coursework, a competition, or a project you completed); can you identify 3 positive aspects and 3 areas for improvement?

Strengths	Weaknesses

Reflective task 2

It is important to reflect on your performance and learning as part of your Personal Development.

Many of us think of mistakes as bad, but to maximise our development it is important that we ask **'How can we get the most from every mistake we make?'**

Think about a recent mistake that you made and how you have learned from this using three simple questions:

What? What have I learned?	So what? What does this tell me about my strengths and gaps in my understanding?	Now what? What can I do to improve and what are my next steps moving forward?

PCDE Professional Action Plan

Personal Objectives


In this table, outline your long-term, medium-term and short-term goals.

Remember you should review these regularly to make sure they are still appropriate.

Long term goals	Medium term goals (this year)	Short-term goals (this term)

PCDE Action Plan

For each PCDE, think about what you want to improve and make a plan to put this into action.

<p>Commitment</p>  <p>How well the performer can commit to the focus and levels of effort needed for success.</p>	<p>Focus and distraction control</p>  <p>Knowing what is important, knowing how to stay focused on it and knowing what to do to both avoid and counter distractions.</p>	<p>Realistic performance evaluation</p>  <p>The ability to accurately know what was good and not so good in a performance, plus the willingness to do something about it.</p>	<p>Role clarity</p>  <p>The confidence to know what is needed/expected of you to be optimally effective at the role or job in hand.</p>	<p>Self-regulation</p>  <p>In the simplest terms, being able to control the effects of pressure so that you can perform well.</p>
<p>Planning and self-organisation</p>  <p>The ability to organise yourself to perform in any given situation, allowing for all the factors that need to be addressed for optimum performance.</p>	<p>Goal setting and self-reward</p>  <p>Planning the steps needed to achieve a given target, organising yourself to recognise and reward the steps needed to achieve the longer term goal.</p>	<p>Quality practice</p>  <p>Knowing what to do, and having the motivation to achieve, sufficiently high-quality practice to drive the desired outcome.</p>	<p>Effective and controllable imagery</p>  <p>The ability to develop effective images which can be used to structure mental practice of a particular skill or goal.</p>	<p>Seeking and using social support</p>  <p>The ability to build, then make use of, a network of friends, family and stakeholders to support progress. Knowing who to ask, when (and when not!) and being able to make use of this advice.</p>

Activity Pack Competition Model

PCDE	What do I want to improve?	What support and resources will I need?	What might get in my way?	How well am I doing?