

# Commentary on candidate evidence

The candidate evidence has achieved the following marks for each stage of the Project.

## Candidate 1

The candidate was awarded an overall total of **46 marks** for this project.

### Stage 1: project proposal

Will the development of kicking distance make me more effective for my team?

#### 1(a) – investigate performance (10 marks)

The candidate was awarded **7 marks**.

Within General Observation Schedule, **4 marks** were awarded for clear explanation of the appropriateness of the method in relation to:

- a range of data from a performance context which allowed for the identification of strengths and weaknesses across performance and prioritise development needs
- through the video of the game and analysing after facilitating all aspects of kicking performance, ensuring all data is accurate
- Leading to the opportunity to set incremental targets
- Performance environment being appropriate for true representation of current performance level

In paragraph 2, **1 mark** was awarded for clear explanation of the appropriateness of the method in relation to:

- The data collated allowed for the identification of key metrics, such as averages and maximums and allowed to highlight any trends.

Within Self-Devised Skills Test, **1 mark** was awarded for clear explanation of the appropriateness of the method in relation to:

- The environment created being appropriate controllable and discard any other contributing variables focusing solely on the performance issue of distance.

Within Focussed Functional Tests **1 mark** was awarded for clear explanations of the appropriateness of the method in relation to:

- Specify of the tests in relation to biomechanics underpinning kicking potential

For paragraph 5, **0 marks** were awarded for the PPW. The candidate highlights keys features of the method and does fully explain the appropriateness of these features. However, there is no evidence of this in the appendices.

## **1(b) – analyse information (10 marks)**

The candidate was awarded **8 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of information which includes a clear impact on performance. A further **1 mark** was awarded for a clear development of the previous point of analysis, which includes a further impact on performance linked to reduced team aggression at breakdown.

For paragraph 2, **1 mark** was awarded for the analysis of information which includes a clear impact on performance of 'this does not give our defence enough time to get underneath the ball, and allows their fullback to collect the ball with limited pressure'. A further **1 mark** was awarded for a clear development of the previous point of analysis which includes a further impact on performance linked to the opposition having more time. An additional **1 mark** was awarded for the depth of analysis of consequence of the full back having time and uncovered territorial space to aim for.

For paragraph 3, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 4, **1 mark** was awarded for the analysis of information which includes a clear impact on performance. A further **1 mark** was awarded for the connections

made within this analysis of information from the Self-Devised skills test and the 1RM (rep maximum) tests offering differing perspectives towards this clear impact on performance.

## **Stage 2: research**

### **2(a) review sources (10 marks)**

The candidate was awarded **9 marks**.

For paragraph 2, **1 mark** was awarded for appropriately referenced pieces of research on the relationship between key movements and increased kicking distance. A further **1 mark** was awarded for the increased potential if both aspects are developed.

For paragraph 3, **1 mark** was awarded for appropriately referenced pieces of research on both technical development and physical capacities to be developed relating to the performance issue.

For paragraph 4, **1 mark** was awarded for appropriately referenced research around the use of video analysis and all biomechanics relevant for consideration. A further **1 mark** was awarded for the appropriately referenced research on the relevant approaches to elicit a training response.

For paragraph 5, **1 mark** was awarded for the appropriately referenced pieces of research use of plyometrics exercises to increase foot speed at contact. This relates closely to the performance issue. A further **1 mark** was awarded for appropriately referenced research on the inclusion of kicking actions following any physical conditioning.

For paragraph 6, **1 mark** was awarded for appropriately referenced pieces of research around design parameters for plyometrics.

For paragraph 7, **1 mark** was awarded for appropriately referenced pieces of information on the value of single or both leg training.

## **2(b) analyse the findings from the review of sources to create a PDP (10 marks)**

The candidate was awarded **5 marks**.

For paragraph 1, **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan

For paragraph 2, **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan

For paragraph 3 **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan. A further **1 mark** was awarded for the connections made within the analysis providing new insight leading towards being applied in the Personal Development Plan.

For paragraph 4, **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan.

## **2(c) set and justify PDP targets (5 marks)**

The candidate was awarded **4 marks**.

For paragraph 1, **1 mark** was awarded. A target has been clearly set and justified towards being more of an attacking threat.

For paragraph 2, **1 mark** was awarded. A target has been clearly set and justified towards allowing immediate phases after kick being more aggressive.

For paragraph 3, **1 mark** was awarded. A target has been clearly set and justified towards 50-22 and attacking platform opportunities created.

For paragraph 4, **1 mark** was awarded. This is a second justification from that in paragraph 3. This target's second justification is towards the consequence in the motivational effect it can have between both teams.

### **Stage 3: implementing the PDP (5 marks)**

The candidate was awarded **5 marks**.

The text includes reference to appendices inclusive of descriptions of Personal Development Plan sessions, modifications and training comments.

**3 marks** were awarded for Personal Development Plan sessions with detailed descriptions of different approaches referenced in Appendix F (A-D).

**1 mark** was awarded for modifications included in Appendix F.

**1 mark** was awarded for training comments included for sessions in Appendix F.

### **Stage 4: post-PDP analysis and evaluation**

#### **4(a) analyse post-PDP data (8 marks)**

The candidate was awarded **4 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 2, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 3, **1 mark** was awarded for the analysis of information includes a clear impact on performance. A further **1 mark** was awarded for the connections made within this analysis of information from the post-PDP General Observation Schedule from the average distance and number of creative kicks, providing different perspectives towards this clear impact on performance.

#### **4(b) evaluate the process of carrying out the PDP (6 marks)**

The candidate was awarded **4 marks**.

For paragraph 1, **1 mark** was awarded for a full evaluation in relation to having a partner to train with, which is evidenced in the appendices.

For paragraph 2, **1 mark** was awarded for a full evaluation in relation to setting biweekly targets, which is evidenced in the appendices.

For paragraph 3, **1 mark** was awarded for a full evaluation in relation to duration of some sessions, which is evidenced in the appendices.

For paragraph 4, **1 mark** was awarded for a full evaluation in relation to the use of a stopwatch to time sessions and recoveries, which is evidenced in the appendices.

For paragraph 5, **0 marks** were awarded. Full evaluation included however no evidence of this included in post-PDP data analysis from stage 3 and/or 4(a).

#### **4(c)(i) justify new development needs (2 marks)**

The candidate was awarded **0 marks**.

For paragraph 1, **0 marks** were awarded. Whilst a clear justification of new development need is presented, this is not evidenced.

For paragraph 2, **0 marks** were awarded. Whilst a clear justification of new development need is presented, this is not evidenced.

#### **4(c)(ii) explain the impact of the new development need(s) on the other three factors (4 marks)**

The candidate was awarded **0 marks**.

For paragraph 1, **0 marks** were awarded. Whilst there was a clear impact on new development needs on another factor, this development need mentioned in stage 4(c)(i) was not evidenced.

For paragraph 2, **0 marks** were awarded. Whilst there was a clear impact on new development needs on another factor, this development need mentioned in stage 4(c)(i) was not evidenced.

## Candidate 2

The candidate was awarded an overall total of **35 marks** for this project.

### Stage 1: project proposal

To develop my ability to break the opposition's full court press as a Point Guard in Basketball.

#### 1(a) investigate performance (10 marks)

The candidate was awarded **5 marks**.

Within Coach Feedback Commentary, **1 mark** was awarded for clear explanation of the appropriateness of the method in relation to:

- No distractions allowing full attention towards providing quality and accurate commentary.

In paragraph 2 and 3, the candidate highlights key features of the method, however, does not fully explain the appropriateness of any of these features.

Within Self-Devised Skills Test, **1 mark** was awarded for clear explanation of the appropriateness of the method in relation to:

- High volume of data reducing the impact of any 'rogue' results.

Within Illinois Agility Test, **2 marks** was awarded for clear explanations of the appropriateness of the method in relation to:

- Knowledge of own and others' data supporting goal setting.
- Repeating protocol for accurate comparison in future to be able to adapt PDP.

Within Self-Reflective Performance Indicator, **1 mark** was awarded for clear explanation of the appropriateness of the method in relation to:

- Context used regarding being against similar ability players for reflection on normal performance levels.

In paragraph 8, the candidate does explain the appropriateness of the method in relation to having no distractions, allowing full focus on recording accurate information however, this reason is already explained in paragraph 1 for the Coach Feedback Commentary.

### **1(b) analyse information (10 marks)**

The candidate was awarded **6 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 2, **1 mark** was awarded for the analysis of information which includes a clear impact on performance of 'This turnover of possession in play often leads to very quick and open shooting opportunities for the opposition to add points to their score.' A further **1 mark** was awarded for a clear development of the previous point of analysis which includes a further impact on performance, linked to loss of confidence experienced.

For paragraph 3, **1 mark** was awarded for the analysis of information which includes a clear impact on performance. A further **1 mark** was awarded for the connections made within this analysis of information from the Self-Devised Skills Test and Illinois Agility Test provided different perspectives towards this clear impact on performance.

For paragraph 4, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

## **Stage 2: research**

### **2(a) review sources (10 marks)**

The candidate was awarded **5 marks**.

For paragraph 1, **1 mark** was awarded for appropriately referenced pieces of research on different benefits of Speed, Agility and Quickness Training within performance development. This relates closely to the performance issue.

For paragraph 2, **1 mark** was awarded for appropriately referenced pieces of research on what visualisation is as an approach to develop performance. This relates closely to the performance issue. A further **1 mark** was awarded for appropriately referenced research on including engagement on the kinaesthetic part of imagery. This relates closely to the performance issue. A further **1 mark** was awarded for appropriately referenced research on specific actions which should be included when using this approach. This relates closely to the performance issue. A further **1 mark** was awarded for appropriately referenced research on the potential negative impacts some performers experience from using this approach. This relates closely to the performance issue.

## **2(b) analyse the findings from the review of sources to create a PDP (10 marks)**

The candidate was awarded **3 marks**.

For paragraph 1, **0 marks** were awarded. Research was identified before immediately being applied in the Personal Development Plan however, this is not full analysis of research as required.

For paragraph 2, **0 marks** were awarded. Research was identified before immediately being applied in the Personal Development Plan however, this is not full analysis of research as required.

For paragraph 3, **0 marks** were awarded. Research was identified before immediately being applied in the Personal Development Plan along with the desired performance impact this would have however, this is not full analysis of research as required towards creating a PDP.

For paragraph 4, **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan.

For paragraph 5, **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan. A further **1 mark** was awarded for the connections made within the analysis providing new insight, leading towards being applied in the Personal Development Plan.

For paragraph 6, **0 marks** were awarded. Despite quality analysis being included, the research initially identified is not evidenced in stage 2(a).

## **2(c) set and justify PDP targets (5 marks)**

The candidate was awarded **4 marks**.

For paragraph 1, **3 marks** were awarded for separate justification of the one goal clearly set:

- called for 8 second violations less often
- forcing opponent to commit fouls
- extending the time the team has in the front court to execute an offence

The candidate also justifies this target in relation to benefits gained when not in possession of the ball however, this is not related to the performance topic.

For paragraph 2, **1 mark** was awarded. A target has been clearly set and justified towards beating a press and relieving pressure for team-mates.

## **Stage 3: implementing the PDP (5 marks)**

The candidate was awarded **4 marks**.

The text includes reference to appendices inclusive of descriptions of Personal Development Plan sessions, modifications and training comments.

For descriptions of Personal Development Plan sessions with three different approaches referenced in appendices, **1 mark** was awarded for the description included in table format for Speed, Agility and Quickness Training and **1 mark** was awarded for description included for visualisation. **0 marks** were awarded for

Pressure Drills. Description of these is good and relevant to the performance topic however, wasn't included within stage 2 to be included in PDP.

**1 mark** was awarded for modifications included in week 1 and 4 of appendix 9.

**1 mark** was awarded for training comments included for various sessions.

## **Stage 4: post-PDP analysis and evaluation**

### **4(a) analyse post-PDP data (8 marks)**

The candidate was awarded **2 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 2, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 1, **0 marks** were awarded. The analysis of information includes a clear impact on performance however, the information analysed is not an accurate analysis of information included in post-PDP data.

### **4(b) evaluate the process of carrying out the PDP (6 marks)**

The candidate was awarded **1 mark**.

For paragraph 1, **0 marks** were awarded. Full evaluation is included however, no evidence of this is included in the post-PDP data analysis from stage 3 and/or 4(a).

For paragraph 2, **1 mark** was awarded for a full evaluation in relation to boredom experienced during PDP, which is evidenced in the appendices.

For paragraph 3, **0 marks** were awarded. Description of a positive aspect of Personal Development Plan is included however there is no evaluation of this.

**4(c)(i) justify new development needs (2 marks)**

The candidate was awarded **2 marks**.

Development need is evidenced. **2 marks** were awarded for justifications in relation to:

- lack of concentration when facing high pressure defence
- lack of concentration when playing man to man defence

**4(c)(ii) explain the impact of the new development need(s) on the other three factors (4 marks)**

The candidate was awarded **3 marks**.

For paragraph 2, **1 mark** was awarded for a clear link explained between concentration and executing strategies.

For paragraph 3, **1 mark** was awarded for a clear link explained between concentration and confidence.

For paragraph 4, **1 mark** was awarded for a clear link explained between concentration and working in isolation.

## Candidate 3

The candidate was awarded an overall total of **35 marks** for this project.

### Stage 1: project proposal

As a goalkeeper in Football, distribution from feet is a key aspect of my responsibilities in the game. Based on my own knowledge of current performance levels, I plan to analyse and develop my performance levels in this area.

#### 1(a) investigate performance (10 marks)

The candidate was awarded **6 marks**.

Within Match Analysis, **3 marks** were awarded for clear explanations of the appropriateness of the method in relation to:

- competitive environment and level of opposition
- knowledgeable and specialist coach
- strengths and development needs, to plan an appropriate Personal Development Plan

Within Movement Analysis, **3 marks** were awarded for clear explanations of the appropriateness of the method in relation to:

- multiple viewings and use of video features
- two opinions combined in discussion
- quantitative information to set targets

Within the Mental Toughness Questionnaire, **0 marks** were awarded. Despite clear explanations of the appropriateness of the method in relation to immediate recording of information and completing method in isolation, the method is not relevant to the performance topic.

Within Plot Chart, **0 marks** were awarded. High volume data is identified but not explained towards appropriateness of the method. There is a clear explanation of the

appropriateness of the method in relation to setting targets however, this is repetition of a mark already awarded for explanation for Movement Analysis.

### **1(b) analysis information (10 marks)**

The candidate was awarded **5 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

For paragraph 2, **1 mark** was awarded for the analysis of information which includes a clear impact on performance of '...less opportunities for my team to build attacks and create shooting opportunities'. A further **1 mark** was awarded for the connections made within this analysis of information from the Plot Chart and Movement Analysis which provided different perspectives towards this clear impact on performance. A further **1 mark** was awarded for a clear development of the previous point of analysis which includes a further impact on performance linked to loss of confidence experienced.

For paragraph 3, **1 mark** was awarded for the analysis of information which includes a clear impact on performance. This analysis is of a strength identified from analysis of information, however, is linked to the performance topic.

For paragraph 4, **0 marks** were awarded. Despite quality analysis of information being included, this is not relevant to the performance topic.

## **Stage 2: research**

### **2(a) review sources (10 marks)**

The candidate was awarded **5 marks**.

For paragraph 1, **1 mark** was awarded for appropriately referenced pieces of research on examples of repetition within performance development. This relates closely to the performance issue. A further **1 mark** was awarded for appropriately

referenced research on the importance of a coach to support the process of completing repetition practices effectively. This relates closely to the performance issue.

For paragraph 2, **1 mark** was awarded for appropriately referenced pieces of research on spaced training. This relates closely to the performance issue. A further **1 mark** was awarded for appropriately referenced research on the potential issues of variation during performance development. This relates closely to the performance issue.

For paragraph 3, **1 mark** was awarded for appropriately referenced pieces of research on including pressure within performance development. This relates closely to the performance issue.

No further marks were awarded because the research on interval training is not relevant to the performance topic.

## **2(b) analyse the findings from the review of sources to create a PDP (10 marks)**

The candidate was awarded **3 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of research towards this being applied in the Personal Development Plan.

For paragraph 2, **1 mark** was awarded for analysis of research towards this being applied in the Personal Development Plan. A further **1 mark** was awarded for the connections made within the analysis providing new insight leading towards being applied in the Personal Development Plan.

For paragraph 3, **0 marks** were awarded. Research was identified before immediately being applied in the Personal Development Plan however, this is not full analysis of research as required.

For paragraph 4, **0 marks** were awarded. Research was identified before immediately being applied in the Personal Development Plan however, this is not full

analysis of research as required. This research is also not linked to the performance topic.

For paragraph 5, **0 marks** were awarded. Despite quality analysis of research being included, this is not relevant to the performance topic.

## **2(c) set and justify PDP targets (5 marks)**

The candidate was awarded **3 marks**.

For paragraph 1, **0 marks** were awarded. A target has been clearly set and justified however this is not linked to the performance topic.

For paragraph 2, **1 mark** was awarded. A target has been clearly set and justified towards the motivation to continue training with this also linked to the performance topic.

For paragraph 3, **0 marks** were awarded. The target set is to apply a principle within the Personal Development Plan.

For paragraph 4, **2 marks** were awarded for separate justification of the one goal clearly set:

- keeping team in possession and being the first stage of attacks
- team-mates having trust to retain possession when they are under pressure from opposition players

## **Stage 3: implementing the PDP (5 marks)**

The candidate was awarded **5 marks**.

The text includes reference to appendices inclusive of descriptions of Personal Development Plan sessions, modifications and training comments.

**3 marks** were awarded for descriptions of Personal Development Plan sessions with two different approaches described, with three variations of each approach used.

**1 mark** was awarded for detailed modifications included from two sessions.

**1 mark** was awarded for training comments included, in the form of coach feedback, for various sessions.

## **Stage 4: post-PDP analysis and evaluation**

### **4(a) analyse post-PDP data (8 marks)**

The candidate was awarded **4 marks**.

For paragraph 1, **1 mark** was awarded for the analysis of information which includes a clear impact on performance of '...create shooting opportunities before they get their whole team back to defend in bigger numbers'.

For paragraph 2, **1 mark** was awarded for the analysis of information which includes a clear impact on performance of '...allows us to keep possession of the ball for longer to build attacks and scoring opportunities.' A further **1 mark** was awarded for a clear development of the previous point of analysis which includes a further impact on performance linked to team-mates being more confident and using this to support the relief of pressure they are put under from opponents.

For paragraph 3, **1 mark** was awarded for the analysis of information which includes a clear impact on performance.

### **4(b) evaluate the process of carrying out the PDP (6 marks)**

The candidate was awarded **1 mark**.

For paragraph 1, **1 mark** was awarded for a full evaluation in relation to variation included across the PDP, which is evidenced in the appendices.

For paragraph 2, **0 marks** were awarded. Description of a positive aspect of Personal Development Plan is included however, no evaluation of this is included.

For paragraph 3, **0 marks** were awarded. Full evaluation is included however, no evidence of this is included in post-PDP data analysis from stage 3 and/or 4(a).

#### **4(c)(i) justify new development needs (2 marks)**

The candidate was awarded **0 marks**.

Development need is evidenced within appendices however no fully justified impacts are included.

#### **4(c)(ii) explain the impact of the new development need(s) on the other three factors (4 marks)**

The candidate was awarded **3 marks**.

Although **0 marks** were awarded in stage 4(c)(i), the development need is evidenced.

For paragraph 1, **1 mark** was awarded for a clear link explained between the ability to collect crosses and decision-making.

For paragraph 2, **1 mark** was awarded for a clear link explained between the ability to collect crosses and confidence.

For paragraph 3, **1 mark** was awarded for a clear link explained between the ability to collect crosses and contributions to team.