

Candidate 1 commentary

The evidence for this candidate has achieved the following marks for each section of this course assessment component. **Their total mark was: 35**

Section 1 (out of 32 marks)

The candidate was awarded **20 marks** in Section 1.

Question 1(a) (out of 4 marks)

The candidate was awarded **2 marks**.

'The participant must run non-stop for a set period of time. They must be within 65-85% of their maximum heart rate' **1 mark**

'The session can be carried out anywhere and must last for a minimum of 20 minutes' **1 mark**

Question 1(b) (out of 4 marks)

The candidate was awarded **2 marks**.

'A performer may change performer to change the development plan' **1 mark**

'Another reason has no positive impact on the performance' **1 mark**

Question 2(a) (out of 4 marks)

The candidate was awarded **4 marks**.

'It is a circle.....segments are also each split into ten' **1 mark**

'The performer writesrates themselves out of ten for each sub factor' **1 mark**

'10 is the highest score and 0 is the lowest' **1 mark**

'The performer then coloursunder the correct heading' **1 mark**

Question 2(b) (out of 4 marks)

The candidate was awarded **1 mark**.

'It wasn't effective because...every training session and performance' **1 mark**

Question 3 (out of 2marks)

The candidate was awarded **2 marks**.

'The coach watches your performanceto suggest happiness' **1 mark**

'tells you....what they think' **1 mark**

Question 4 (out of 4 marks)

The candidate was awarded **3 marks**.

'not being able to handle.....or not passing to them' **1 mark**

'This may cause.....for their team mates to stop the ball' **1 mark**

'the performer may get too sadstop pressing the opponents' **1 mark**

Question 5(a) (out of 6 marks)

The candidate was awarded **4 marks**.

'The presence of a crowd....be too distracted by the crowd' **1 mark**

'The player that they're supposed to be markingweak point of the team' **1 mark**

'If a player has a badchose the risky option and make a mistake' **1 mark**

'Etiquette can have a negative impacthaving bad etiquette too' **1 mark**

Question 5(b) (out of 4 marks)

The candidate was awarded **2 marks**.

'You get a partner and then.....other one and falls back' **1 mark**

'The person at the backthen they switch roles' **1 mark**

Section 2 (out of 10 marks)

The candidate was awarded **9 marks** in Section 2.

Question 6(a) (i) (out of 1 mark)

The candidate was awarded **1 mark**.

'during a badminton development plan...get on my overhead clear' **1 mark**

Question 6(a) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'my overhead clear wasn't powerful....smash from my overhead clear' **1 mark**

'Also the shot wasn't.....creating problems for myself' **1 mark**

Question 6(a) (iii) (out of 2 mark)

The candidate was awarded **2 marks**.

'I copied the movementswithout a shuttle' **1 mark**

'I did the same movement over and over....counting the good ones' **1 mark**

Question 6(b) (i) (out of 1 mark)

The candidate was awarded **0 mark**.

No features or characteristics of a goal given.

Question 6(b) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'frequently become distractedput my opponent under pressure' **1 mark**

'Also I would be distracted by other.....whatever came to my head first' **1 mark**

Question 6(b) (iii) (out of 2 mark)

The candidate was awarded **2 marks**.

'When I began to lose focus.....attention to the game' **1 mark**

'I practiced sayingingrained in my head' **1 mark**

Section 3(out of 8 marks)

The candidate was awarded **6 marks** in Section 3.

Question 7 (a) (out of 4 marks)

The candidate was awarded **4 marks**.

'there was good control and fluency....space for the team to move into' **1 mark**

'This leads to the whole attack....to receive passes' **1 mark**

'The good fluency meant....react to what they do' **1 mark**

'Also as they don't have a good repertoire...what they were going to do' **1 mark**

Question 7 (b) (out of 4 marks)

The candidate was awarded **2 marks**.

'Poor decision making in a game of hockey...pick out the best pass' **1 mark**

'The player also had decent concentration...where their team mate was' **1 mark**

Candidate 2 Commentary

The evidence for this candidate has achieved the following marks for each section of this course assessment component. **Total mark: 45**

Section 1 (out of 32 marks)

The candidate was awarded **28 marks** in Section 1.

Question 1(a) (out of 4 marks)

The candidate was awarded **4 marks**.

'During my session.....10 reps in the first set' **1 mark**

'I would then rest between ...30 seconds rest between each exercise' **1 mark**

'and 1 minute between each full set' **1 mark**

'the second set had an increased...third set had 14 reps' **1 mark**

Question 1(b) (out of 4 marks)

The candidate was awarded **4 marks**.

'The programme may have to change...previous programme of work' **1 mark**

'Sessions may focus on ...lower body recovers' **1 mark**

'In addition...lost to recover' **1 mark**

'to plan new tactics...exploit unmarked spaces' **1 mark**

Question 2(a) (out of 4 marks)

The candidate was awarded **4 marks**.

'The test is comprised....using the sliding scale provided' **1 mark**

'They would allocate....getting distracted during practice' **1 mark**

'The ratings range from5 (=always)' **1 mark**

'Afterwards the performer....levels of determination (<29)' **1 mark**

Question 2(b) (out of 4 marks)

The candidate was awarded **4 marks**.

'Firstly, the test is very simple....will be more reliable' **1 mark**

'Furthermore, the process....test results are more reliable' **1 mark**

'The test is also....compromises the results gained' **1 mark**

'The test also gathers quantitative...interpreting the data' **1 mark**

Question 3 (out of 2 marks)

The candidate was awarded **2 marks**.

'written qualitative feedback...I had just completed' **1 mark**

'An example of the types of questions...when and why this was' **1 mark**

Question 4 (out of 4 marks)

The candidate was awarded **3 marks**.

'I rarely fear tackling others....in a position to get hurt.' **1 mark**

'Lack of fear also means...my role in the team' **1 mark**

'I am confident to try newcreate opportunities for my team' **1 mark**

Question 5(a) (out of 6 marks)

The candidate was awarded **4 marks**.

"impact on a player's decision making....advancing up the court/pitch" **1 mark**

"Communication also helps....allow it to run smoothly" **1 mark**

"For example, if the crowd...make effective decisions" **1 mark**

"If the performer is nervous....giving away possession" **1 mark**

Question 5(b) (out of 4 marks)

The candidate was awarded **3 marks**.

'where one team member stands....fall backwards towards their partner' **1 mark**

'who catches them ...rotate and change partners' **1 mark**

'Blindfold walks...around an obstacle course' **1 mark**

Section 2 (out of 10 marks)

The candidate was awarded **10 marks** in Section 2.

Question 6(a) (i) (out of 1 mark)

The candidate was awarded **1 mark**.

'During a PDP(the monitoring test that I used)' **1 mark**

Question 6(a) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'I need to have ...to anywhere on the court' **1 mark**

'Good agility also ...for an effective return' **1 mark**

Question 6(a) (iii) (out of 2 mark)

The candidate was awarded **2 marks**.

'Fast feet drills include...changes in direction' **1 mark**

'An example of a fast feet drill....into each part of the ladder' **1 mark**

Question 6(b) (i) (out of 1 mark)

The candidate was awarded **1 mark**.

'to improve your overall communication...every rally in a game of volleyball' **1 mark**

Question 6(b) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'so that everyone in the team....over the net or an effective set' **1 mark**

'This goal was also set....tailored to your development needs' **1 mark**

Question 6(b) (iii) (out of 2 mark)

The candidate was awarded **2 marks**.

'play a normal game of volleyball...shout your name' **1 mark**

'If the player doesn't shout ...small forfeit (eg x 5 push ups)' **1 mark**

Section 3(out of 8 marks)

The candidate was awarded **7 marks** in Section 3.

Question 7 (a) (out of 4 marks)

The candidate was awarded **4 marks**.

'we can see this as...would have cost the performer points' **1 mark**

'as they have scored full marks ...their opponent would smash it back' **1 mark**

'This performer's repertoire of skills....where the shuttle is going to go' **1 mark**

'It also means....change of getting a point' **1 mark**

Question 7 (b) (out of 4 marks)

The candidate was awarded **3 marks**.

'As they scored 1/10....would give the opponent the point' **1 mark**

'The data in the table shows that...focusing fully on the task at hand' **1 mark**

'When they had got distracted...return with a winning smash' **1 mark**

Candidate 3 Commentary

The evidence for this candidate has achieved the following marks for each section of this course assessment component. **Total mark: 26**

Section 1 (out of 32 marks)

The candidate was awarded **15 marks** in Section 1.

Question 1(a) (out of 4 marks)

The candidate was awarded **0 marks**.

No features or characteristics of a session were given.

Question 1(b) (out of 4 marks)

The candidate was awarded **2 marks**.

'the performer may risk injuring themselves....therefore not improve' **1 mark**

'On the other hand...without further inuring themselves' **1 mark**

Question 2(a) (out of 4 marks)

The candidate was awarded **2 marks**.

'It is a target shaped diagram...rating from 1-10' **1 mark**

'Each segment as a mental factor....in this given area' **1 mark**

Question 2(b) (out of 4 marks)

The candidate was awarded **2 marks**.

'The PPW is good and useful....data accurate and reliable' **1 mark**

'can be easily adapted totype of data needs gathered' **1 mark**

Question 3 (out of 2 marks)

The candidate was awarded **2 marks**.

'This is where a coach...and areas for improvement' **1 mark**

'This will be done immediately....accurate results' **1 mark**

Question 4 (out of 4 marks)

The candidate was awarded **3 marks**.

'I am very confident and vocal...may be too shy to make' **1 mark**

'to channel my angerharder to defend' **1 mark**

'Anger also motivates mewhich is a strength' **1 mark**

Question 5(a) (out of 6 marks)

The candidate was awarded **0 marks**.

No analysis of the impact of social factors on the other 3 factors.

Question 5(b) (out of 4 marks)

The candidate was awarded **4 marks**.

'This is where an athlete...through a number of obstacles **1 mark**

'The team must give clear...right and forward' **1 mark**

'You will need a blindfold....such as beanbags' **1 mark**

'If the blindfolded person....and start again' **1 mark**

Section 2 (out of 10 marks)

The candidate was awarded **7 marks** in Section 2.

Question 6(a) (i) (out of 1 mark)

The candidate was awarded **1 mark**.

'During my PDPaccuracy of my overhead clear' **1 mark**

Question 6(a) (ii) (out of 2 marks)

The candidate was awarded **1 mark**.

'I focused on accuracy....or away from my opponent' **1 mark**

Question 6(a) (iii) (out of 2 marks)

The candidate was awarded **1 mark**.

'I had to hit the shuttle....get it in the correct zone' **1 mark**

Question 6(b) (i) (out of 1 mark)

The candidate was awarded **1 mark**.

'to improve my concentration for the duration of the game' **1 mark**

Question 6(b) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'I set this goal as I would often...played my shot out for court' **1 mark**

'I also wasn't concentrated...so I lost the point' **1 mark**

Question 6(b) (iii) (out of 2 mark)

The candidate was awarded **1 mark**.

'I would work on themattention back to the opponent' **1 mark**

Section 3(out of 8 marks)

The candidate was awarded **4 marks** in Section 3.

Question 7 (a) (out of 4 marks)

The candidate was awarded **2 marks**.

'Also, the high score....correct fashion and smoothly' **1 mark**

'Furthermore, poor reaction times....to hit cross-court' **1 mark**

Question 7 (b) (out of 4 marks)

The candidate was awarded **2 marks**.

'Some lack of concentration...gave up and lost motivation' **1 mark**

'Finally, poor decision making....conceding a goal in a game of football' **1 mark**