

Candidate 2 commentary

The evidence for this candidate has achieved the following marks for each section of this question paper. **Their total mark was: 45/50**

Section 1

The candidate was awarded **30 marks** in Section 1.

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

The candidate was awarded **1 mark**.

'mental performance profiling wheel' **1 mark**

Question 1 (a) (ii) (out of 1 mark)

The candidate was awarded **1 mark**.

'self reflection profile' **1 mark**

Question 1 (b) (i) (out of 2 marks)

The candidate was awarded **1 mark**.

'it allows you to set new goals....For example, If i identified that my decision making...within a game of badminton...catch my opponent out. This means that I am constantly staying motivated and wanting to improve.' **1 mark**

Question 1 (b) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'they can compare back to those scores...For example, if I complete the mental reflection questionnaire...I can go back and fill out that method again...if I've improved or not... which shows my training has been working.' **1 mark**

'it specifically shows which areas are better as it's more accurate....performer can create a specific training programme' **1 mark**

Question 2 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'to improve my fear when performing a back tuck on the beam in training.' **1 mark**

'to control my fear when in a large competition' **1 mark**

Question 2 (b) (out of 6 marks)

The candidate was awarded **5 marks**.

'consider if the goal is measurable or not... I will know that I am starting to improve and near to reaching my goal' **1 mark**

'This means the performer will stay motivated...so will try harder in training and will reach their goal quicker' **1 mark**

'consider when setting their goals as if it is time-framed... plan your training program in relation to the timeframe of your target' **1 mark**

'If you make the timeframe too short and the performer doesn't reach it in time they become disappointed...less effort and commitment in training and a drop in performance' **1 mark**

'if it achievable... which would lead to less motivation and effort in training and less determination in performance making them get lower scores' **1 mark**

Question 3 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'there are continuous feed from your partner or coach to your weakness.' **1 mark**

'The different hoops have different points values; the two at the side were worth 5 points'. **1 mark**

Question 3 (b) (out of 4 marks)

The candidate was awarded **4 marks**.

'correct difficulty... lose confidence in their shot'. **1 mark**

'This means that they may refuse to do it...as they weren't practising that in training.' **1 mark**

'get repetitive and boring if they have been doing it for a long time... I'll be putting less effort in as I'm tired of it and bored of the approach so don't get anything else out of it.' **1 mark**

'if the coach can't feed the shuttle to the performers weakness properly... leading to the weakness not being improved'. **1 mark**

Question 3 (c) (out of 4 marks)

The candidate was awarded **4 marks**.

'effective on performance... shots will be harder to get... they will win more points'. **1 mark**

'beneficial as is very game like... don't even have to think about where they are hitting it as they practised it so many times in the drill.' **1 mark**

'effective as it develops muscle memory... so they can execute the shot properly and win the point'. **1 mark**

'limitation of the effectiveness of this drill is that the feeds are fed directly to the performers so they have little pressure on them... they freeze in that situation and don't hit the shot properly so lose the point.' **1 mark**

Question 4 (a) (out of 4 marks)

The candidate was awarded **4 marks**.

'This is a large circle split into 6 sections. Each of those sections is split into 3 parts red, amber, green'. **1 mark**

'Each section contains a statement relating to the social factor, such as I feel included in my team!' **1 mark**

'The performer will then tick red (rarely/never), amber - (sometimes) or green (always) which best suits how they feel.' **1 mark**

'look back and see what they put previously which may have been in red may have changed to green which means that the PDP has been successful.' **1 mark**

Question 4 (b) (i) (out of 2 marks)

The candidate was awarded **2 marks**.

'improvement on team dynamics can impact the performance development process positively... get on together they will all cheer each other on in training to push themselves and put 100% into it.' **1 mark**

'Improvement in communication can have a positive impact on the training development process as everyone knows in volley ball as everyone has a role... This means training brings everyone together and gives them confidence as well as preparing them for matches'. **1 mark**

Question 4 (b) (ii) (out of 2 marks)

The candidate was awarded **2 marks**.

'Team dynamics in social factors improvements can positively impact the team in overall performance... This means that everyone will perform their role to the best of their ability making them harder to beat' **1 mark**

'Improvements in inclusion in an overall performance in volleyball can positively impact overall performance... making the team stronger. This means in matches the opposition struggle to dominate' **1 mark**

Section 2

The candidate was awarded **10 marks** in section 2

Question 5 (out of 4 marks)

The candidate was awarded **4 marks**.

'Unlike a model performer in the physical factor I can't hit my shots with lots of power in a badminton match...my opponent can get my shots back more easily putting me under lots of pressure' **1 mark**

'i am defending in most the points so struggle to win matches' **1 mark for development of point**

'Like a model performer I am accurate with my shots... my opponent finds it difficult to get my shots back and I can put them under more pressure' **1 mark**

'Unlike a model performer I can't keep up my Cardio Respiratory Endurance (CRE) for the whole game... my opponent can take advantage... Move me around the court making me more tired so I make more mistakes' **1 mark**

Question 6 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'This was a booklet which contained the different sessions you had planned for the week containing approaches, warmups, goals/targets and also feedback.' **1 mark**

'After every session feedback was written in underneath the session which would tell you how much you are improving or what you did well and what needs worked on.' **1 mark**

Question 6 (b) (out of 4 marks)

The candidate was awarded **4 marks**.

'the intensity of the practices as I was hitting a 'plateau' stage where improvement stopped... I then made the target smaller in target drills and made the repetition drills more pressurising so that it would push me making me prepared for game like situations' **1 mark**

'some of the approaches used as I was getting bored tedium...Change it so I put conditioned games and instead to make it more challenging and motivate me to use different skills that would win me extra points.' **1 mark**

'This meant that I was back engaged in training and was putting more effort into and therefore getting more out of it to leading to more improvements in matches' **1 mark for development of point**

'I made was my targets that I set... I changed it to my next development need which was my smash... This means that I am constantly motivated as I'm trying to reach a new goal.' **1 mark**

Section 3

The candidate was awarded **5 marks** in Section 3.

Question 7 (a) (out of 4 marks)

The candidate was awarded **2 marks**.

'Fear may cause the difference between training and live performance... In the live performance the performers fear may start to arise due to lots of people watching making them feel scared to do anything wrong... the performers muscles tensing up which will then make them not execute their shots correctly.' **1 mark**

'This means the opponent find it easier to get their shots back... This leads to the performer having poor results in live performances.' **1 mark** for development of point

Question 7 (b) (out of 4 marks)

The candidate was awarded **3 marks**.

'through poor cardiorespiratory endurance... the performer therefore made more mistakes due to them running out of breath and energy, which then made it easier for the opponent to attack and win points' **1 mark**

'poor accuracy could have also impacted on live performance... more errors were made and more points were lost as the performer couldn't keep the shuttles within the lines when going for a winner' **1 mark**

'Last a lack of power could also have impacted on the live performance... The impact of this is that the performer made more errors in the net due to lack of power on the backhand clear making it easy for their opponent to win points as they could attack it' **1 mark**