

## Candidate 3 commentary

The evidence for this candidate has achieved the following marks for each section of this course assessment component. **Their total mark was: 30/50**

### Section 1

The candidate was awarded **16 marks** in section 1.

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

The candidate was awarded **1 mark**.

'mental toughness questionnaire' **1 mark**

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

The candidate was awarded no marks.

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

The candidate was awarded **1 mark**.

'quickly identify strengths and weaknesses... to then set your training programme specific to concentration.' **1 mark**

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

The candidate was awarded **1 mark**.

'you can refer back to... see if you have improved and if you're training is effective.' **1 mark**

#### Question 2 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'not get nervous before my upcoming final against a rival team.' **1 mark**

'not get angry at the end of every netball game.' **1 mark**

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

The candidate was awarded **3 marks**.

'the goal is relevant to your sport... Therefore, you wouldn't reach your goal and you'd be wasting time' **1 mark**

'your goal is achievable... you may have to make your goals slightly easier in order to achieve it over the final 2 training sessions.' **1 mark**

'your goal is measurable ... this can motivate you and give you something that makes you really work hard in order to complete' **1 mark**

#### Question 3 (a) (out of 2 marks)

The candidate was awarded **2 marks**.

'do repetitive shooting do this for 20 minutes.' **1 mark**

'changing up your distance from the net and then take a 10 minute break.' **1 mark**

#### Question 3 (b) (out of 4 marks)

The candidate was awarded no marks.

#### Question 3 (c) (out of 4 marks)

The candidate was awarded **1 mark**.

'Repetition is effective as it's specific to your weakness... go into a game situation feeling confident about your set shots' **1 mark**

**Question 4 (a)** (out of 4 marks)

The candidate was awarded **2 marks**.

'They can watch you in training games and at the end of training sessions can refer back to you if your training is helping you improve' **1 mark**

'You can write in your training diary after every session... how you think training went... This would take 10 minutes by yourself.' **1 mark**

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

The candidate was awarded **2 marks**.

' become closer with teammates creating good relationships... you can pass the ball in front of the player knowing they will be able to get it' **1 mark**

'your team all learn to contribute... to make them efficient in order to use them in your upcoming games' **1 mark**

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

The candidate was awarded **1 mark**.

'Improving on your roles/responsibilities means your team have a greater chance of winning... Therefore your team have a greater chance of getting a higher score' **1 mark**

## **Section 2**

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

**Question 5** (out of 4 marks)

The candidate was awarded **4 marks**.

'The development need was in volleyball my serves were bad... never went over the net' **1 mark**

'They followed through in the serve creating power where as mines were weak' **1 mark** for development of point.

'The model performer was quick on their toes... failed to reach the shuttle before it hit the ground.' **1 mark**

'Me and the model performer both made a strong pass... In order for them to run onto the ball.' **1 mark**

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

The candidate was awarded **2 marks**.

'At the end of every training session... my reflection from my training session.' **1 mark**

'I wrote down what I thought worked and also any adaptation I needed to make to my training.' **1 mark**

**Question 6 (b)** (out of 4 marks)

The candidate was awarded **3 marks**.

'the timing... Therefore, I was able to stay concentrated easier for the 10 minutes and was more motivated'. **1 mark**

'I adapted my goal of my training... Therefore I was able to improve on more than one of my weaknesses meaning I increased my variety of different skills' **1 mark**

'I made my training easier... Therefore I no longer felt like a failure... I could now achieve what my training had planned for me.' **1 mark**

### **Section 3**

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

#### **Question 7 (a)** (out of 4 marks)

The candidate was awarded **1 mark**.

'The player became anxious as their set play they practiced in training didn't work... Therefore the opposition were able to intercept the ball and therefore gain possession'. **1 mark**

#### **Question 7 (b)** (out of 4 marks)

The candidate was awarded **4 marks**.

'Stamina could be impacted at the end of a live performance negatively... the opposition will easily get the ball up the court to the shooters'. **1 mark**

'Speed endurance could be impacted negatively at the end of a live performance... Meaning they'd get called up for a held ball'. **1 mark**

'Power could be impacted negatively at the end of a live performance... weak pass would be easier for the opposition to intercept creating opportunities for them to get last minute goal'. **1 mark**

**1 mark**

'Balance could be impacted negatively at the end of a live performance... Therefore, the opposition would gain possession and your team mates might get annoyed at you'. **1 mark**