

Commentary on candidate evidence

The candidate evidence has achieved the following marks for each question of this course assessment component.

Candidate 4 – Football

Section 1: Understanding factors that impact on performance

For each factor, mental, emotional, social and physical, explain its impact on performance (8 marks)

The candidate was awarded **2 marks**.

Factor, Context and Impact required to access **1 mark**.

Factor 1 Physical

F – CRE

C – the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

F – shooting

C – the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

Factor 2 mental

Social – Paragraph 1

F – Communication

C – the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

Paragraph 2

F – poor communication

C – 'won't tell my teammate he has a man on'

I – 'lose the ball as they don't know someone is there/opposition getting the ball'

1 mark

Factor 3 Emotional

F – Anger

C – the candidate has provided not provided a context

I – the candidate has not provided an impact

0 mark

Factor 4 Mental

F – ‘good concentration’

C – ‘not lose focus will not let the opponent get away from me’

I – ‘opponent will not get the ball and won’t get a chance to score’

1 mark

F – Anxiety

C – the candidate has not provided a link between context and impact

I – the candidate has not provided a link between context and impact

0 mark

Section 2: Planning, developing, and implementing approaches to enhance personal performance.

2. a) Explain the challenges you may face when gathering reliable data on your two selected factors (3 marks)

The candidate was awarded 1 mark

1st Challenge - Reliability - 'Observer might miss something'.....'results not accurate as the observer has not seen everything' **1 mark**

2nd Challenge - 'The candidate has not provided an explanation of challenge' **0 mark**

3rd Challenge - the candidate has given repetition of knowledge from challenge 1 **0 mark**

2. b)(i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

Method - General Observation Schedule **1 mark**

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

Method - Discipline Record **1 mark**

2. c) Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

The candidate was awarded 4 marks

1st descriptive point - The G.O.S is a sheet of A4 paper with a column along the top and along the left side of the page. **1 mark**

2nd descriptive point - It has a wide variety of skills on the side **1 mark**

3rd descriptive point - shooting, long passing or short passing. **1 mark**

4th descriptive point - Along the top is a list of different performance levels ranging from highly effective to ineffective. **1 mark**

2. d) Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

The candidate was awarded 1 mark

Paragraph 1 – easy to set up

The candidate has not provided an explanation. **0 mark**

Paragraph 2 – game like situation

The candidate has not provided an explanation. **0 mark**

Paragraph 3 – comparison – ‘permanent record means when I come to retesting’.....‘compare my results from before and after to see if I have improved’ **1 mark**

2. e) From the data you have gathered describe your strengths and development needs in relation to your performance for both factors (4 marks)

The candidate was awarded 3 marks

Factor 1 - Physical – development need – accuracy

‘During the game I have good scoring opportunities but I cannot hit the target’

1 mark

Factor 2 - Emotional – development need – anger

‘If any of my teammates or myself make a mistake I get frustrated’

1 mark

Factor 1 – Physical - strength – ‘I get opportunities to take throw-ins that I can throw into the box’

1 mark

Factor 1 – Physical - The candidate has provided a repetition of a physical factor development need.

0 mark

2. f) With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1 (1 mark)

The candidate was awarded 1 mark

Target: ‘improve my physical factor of shooting in football’ **1 mark**

(ii) Identified target for factor 2. (1 mark)

The candidate was awarded 1 mark

Target: ‘improve my emotional factor of anger in football’ **1 mark**

2. g) Explain why it is important to set targets when creating a personal development programme. (3 marks)

The candidate was awarded 2 marks

Explanation 1 - motivation – The candidate has not provided an explanation. **0 mark**

Explanation 2 - specificity – ‘Important to set goals.../ long term vision this means that I can plan a training program that includes approaches specific to my development areas’ **1 mark**

Explanation 3 - meeting targets – ‘setting goal’...‘more focused on completing your goals’.....‘achieve your goal faster and gain confidence from this and/try to get better’ **1 mark**

2. h) Describing approaches to develop performance.

(i) From your personal development programme, select and describe an approach that you used to develop factor 1 (2 marks)

The candidate was awarded 2 marks

Marks are awarded for the description of approach(s) and not the set up of the approach.

First Approach - ‘I thought about the correct technique’ **1 mark**

‘I then took 15 shots from outside the box’ **1 mark**

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

The candidate was awarded 2 marks

Second Approach - ‘I went to quiet room on my own before a game’ **1 mark**

‘Took a deep breath in through my nose for 5 seconds and breathed out through my mouth’ **1 mark**

2. i) In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

The candidate was awarded 2 marks

Decision, Exemplify and Reason required to access **1 mark**.

Paragraph 1

D – Response on approaches does not access a mark

E – **the** candidate has not provided **exemplification**

R – the candidate has not provided a reason

0 mark

Paragraph 2

D – ‘who I was going to do my training with’

E – ‘pick someone with a similar ability/to good for me’

R – ‘I would be too challenged and became demotivated’

1 mark

Paragraph 3

D – ‘video my training’

E – ‘see my improvement clearly and accurately’

R – ‘so that I can make the necessary changes’

1 mark

Section 3: Monitoring, recording and evaluating performance development

3. a) During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

The candidate was awarded 1 mark

Paragraph 1 - Reference is made to 'receiving feedback from coach /during the match/adapt my technique throughout the game' **1 mark**

Paragraph 2 - The candidate has not provided a sufficient explanation. **0 mark**

3. b) Explain why it is necessary to monitor your performance development. (3 marks)

The candidate was awarded 3 marks

Paragraph 1 - motivation – 'an improvement in your development area/provide you with motivation/work harder and improve quicker' **1 mark**

Paragraph 2 - adaptations – 'Training program is too easy or repetitive/you can change/more variation in the drills/program will not become boring' **1 mark**

Paragraph 3 - specificity – 'Find new strengths/change training to suit my development areas' **1 mark**

3. c) Describe how you monitored your programme of work (4 marks)

Marks are awarded for the description of monitoring. No marks were awarded for descriptions of the method(s).

(i) Describe how you monitored your programme of work for factor 1 (2 marks)

The candidate was awarded 0 marks

Time reference – The candidate has not provided a reference to time. **0 mark**

Comparison – The candidate has not provided a comparison. **0 mark**

ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

The candidate was awarded 1 mark

Time reference – The candidate has not provided a reference to time. **0 mark**

Comparison – 'I made sure I kept the same conditions as the first and I compared the two results' **1 mark**

3. d) Evaluate the effectiveness of your personal development programme. (6 marks)**The candidate was awarded 2 marks**

Identify, Judgement and Value required to access **1 mark**.

Paragraph 1

I – ‘specific to my weakness’

J – ‘used specific drills for example feeder practice and pressure practice’

V – ‘improve quicker as I am focussing on in one development area’

1 mark

Paragraph 2

I – ‘too many rest days’

J – The candidate has not provided a judgement

V – The candidate has not provided a value

0 mark

Paragraph 3

I – ‘enjoyed it’

J – ‘stayed motivated throughout my training’

V – ‘doing drills I know I would enjoy’

1 mark

3. e) Evaluate your performance in the two selected factors. (4 marks)**The candidate was awarded 1 mark**

Identify, Judgement and Value required to access **1 mark**.

Paragraph 1

I – ‘more confident using my long throw’

J – ‘use the right technique to throw the ball further’

V – ‘get the ball into the box and give my team the opportunity to score’

1 mark

Paragraph 2

I – ‘able to perform more complex skills’

J – The candidate has not provided a judgement

V – The candidate has not provided a value

0 mark

Paragraph 3

I – effectively score from close range

J – the candidate has not provided a judgement

V – the candidate has not provided a value

0 mark

Paragraph 4

I – control my emotions

J – the candidate has not provided a judgement

V – the candidate has not provided a value

0 mark

3. f) With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)

The candidate was awarded 1 mark

Current Action Reasoning required to access **1 mark**.

Paragraph 1

C – ‘some improvement in my shooting’

A – ‘harder shooting drill’

R – the candidate has not provided reasoning.

0 mark

Paragraph 2

C – ‘passing is still a strength’

A – the candidate has not provided an action

R – the candidate has not provided reasoning.

0 mark

Paragraph 3

C – ‘shown some improvement in my anger’

A – ‘controlled breathing’

R – ‘so I can focus on the game’

1 mark

Paragraph 4

C – ‘I don’t ask for the ball when I am in space’

A – the candidate has not provided an action

R – the candidate has not provided reasoning.

0 mark

Total marks 32

Candidate 5 – Basketball

Section 1: Understanding factors that impact on performance

For each factor, mental, emotional, social and physical, explain its impact on performance (8 marks)

The candidate was awarded **6 marks**

Factor, Context and Impact required to access **1 mark**.

Factor 1: Physical

F – speed

C – ‘I was able to dribble fast pass my opponents and track back when defending’

I – ‘creating a dangerous attack which my team and I were likely to score for’

1 mark

F – CRE

C – ‘nearer the end of the game I ran out of energy and was not able to keep up with the pace of the game’

I – ‘meaning my team and I were more likely to concede’

1 mark

Factor 2: Mental

F – concentration

C – ‘as I was focused I was able to read the game and understand what was going on’

I – ‘more likely to intercept the ball when defending, shutting any opposition attack down’

1 mark

F – ‘decision making’

C – ‘I added unnecessary pressure on my team when playing as I did not pass to the right person or shot from too far away’

I – ‘I wasted valuable opportunities and chances’

1 mark

Factor 3: Emotional

F – ‘happiness’

C – the candidate has not provided a context.

I – the candidate has not provided an impact .

0 mark

F – anger

C – ‘when I was angry I lost my focus and ability to stay level headed’

I – ‘I was more likely to get annoyed at the referee and other players which led to me committing fouls and getting a time-out’

1 mark

Factor 4: Social

F – etiquette

C – ‘I was able to stay calm and follow the rules of being a good sportsman’

I – ‘the game was more friendly and there was a lack of tension between the two sides, making the game more enjoyable and less dangerous’

1 mark

F – team dynamics

C – the candidate has not provided a link to impact.

I – the candidate has not provided an impact

0 mark

Section 2: Planning, developing, and implementing approaches to enhance personal performance.

2. a) Explain the challenges you may face when gathering reliable data on your two selected factors (3 marks)

The candidate was awarded 2 marks

1st challenge- No qualification of human error has been provided by the candidate. **0 mark**

2nd challenge - Bias – ‘falsified information not to look bad- therefore unreliable’ **1 mark**

3rd challenge - Organisational issue – ‘battery running out meaning lack of data to make a conclusion - therefore unreliable.’ **1 mark**

2. b)(i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

The candidate was awarded 1 mark

Method - TROS. **1 mark**

1 mark

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

The candidate was awarded 1 mark

Method - SCAT. **1 mark**

2. c) Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

The candidate was awarded 4 marks

1st descriptive point – ‘For the TROS I used a video recorder to record myself’ **1 mark**

2nd descriptive point – ‘got one of my peers to record me playing basketball’ **1 mark**

3rd descriptive point – ‘I completed the performance and TROS inside the school in the Large PE games hall’ **1 mark**

4th descriptive point – ‘the TROS has three main headings with further subheadings’ **1 mark**

2. d) Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

The candidate was awarded 1 mark

Paragraph 1 – the candidate has not provided an explanation. **0 mark**

Paragraph 2 – the candidate has not provided an explanation. **0 mark**

Paragraph 3 – ‘I could measure my levels/understand strengths and weaknesses/make plans in regards to improving my weaknesses’ **1 mark**

2. e) From the data you have gathered describe your strengths and development needs in relation to your performance for both factors (4 marks)

The candidate was awarded 2 marks

Factor 1 – Passing - the candidate has not provided a description **0 mark**

Factor 1 – Shooting – the candidate has not provided a description **0 mark**

Factor 1 – CRE – I wasn’t moving as quickly as I should have **1 mark**

Factor 2 – ‘Good sportsman’, ‘I was less distracted during the game from fouls or decisions that went against my team.’ **1 mark**

2. f) With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1 (1 mark)

The candidate was awarded 1 mark

Target: ‘improve my CRE’ **1 mark**

(ii) Identified target for factor 2 (1 mark)

The candidate was awarded 1 mark

Target: “try to get less nervous before playing in a game” **1 mark**

2. g) Explain why it is important to set targets when creating a personal development programme. (3 marks)

The candidate was awarded 2 marks

Explanation 1 - tracking progress – ‘Change the PDP to make it harder or easier depending on my level of progress’ **1 mark**

Explanation 2 - motivation – ‘When I meet the targets that I set from week to week I saw improvement which urged me to keep going. The impact of this is it influenced me to push harder.’ **1 mark**

Explanation 3 – The example is the same body of knowledge and would not be awarded a further mark. **0 mark**

2. h) Describing approaches to develop performance.

(i) From your personal development programme, select and describe an approach that you used to develop factor 1 (2 marks)

The candidate was awarded 2 marks

Marks are awarded for the description of approach(s) and not the setup of the approach.

First Approach: 'I ran constantly for fixed period of each time each session' **1 mark**
'Increasing the time each week' **1 mark**

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

The candidate was awarded 2 marks

Second Approach: 'I did this by saying to myself the word that I decided I was going to use' **1 mark**
My trigger word was 'keep going' **1 mark**

2. i) In addition to the approaches you used, justify further decisions that you made when planning your personal development programme. (4 marks)

The candidate was awarded 3 marks

Decision, Exemplify, and Reason required to access **1 mark**.

Paragraph 1

D – 'train for 6 weeks'

E – 'trained for 1 week it is not enough time to progress. If I trained for 15 weeks, then I would lose motivation'

R – best amount of time to train for as I kept motivation

1 mark

Paragraph 2

D – 'run with a partner'

E – 'motivated me to work harder as I competed with my partner...because it motivated me'

R – 'I ran further which in turn improved my CRE'

1 mark

Paragraph 3 - approaches were used therefore the candidate does not access a mark
0 mark

Paragraph 4

D – 'listen to music'

– 'more enjoyable and fast paced'

R – 'it kept my tempo up, meaning I run fast consistently'

1 mark

Section 3: Monitoring, recording and evaluating performance development

3. a) During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

The candidate was awarded 0 marks

Paragraph 1 – The candidate has not indicated who the feedback is from. **0 mark**

Paragraph 2 – The candidate mentions internal feedback but this is not suitable to be considered 'others' as stipulated in question. **0 mark**

3. b) Explain why it is necessary to monitor your performance development. (3 marks)

The candidate was awarded 3 marks

Paragraph 1 - Adaptations – 'whether it is working or not'... 'see whether or not my short term and long term goals were getting met'..... 'I could adapt if my performance development was not sufficient' **1 mark**

Paragraph 2 - Setting new goals – 'I could focus my attention more directly on my weakness and plan new goals for my strengths.' **1 mark**

Paragraph 3 - Motivation – 'by adapting my plan could be balanced because I was able to make very targets harder and unrealistic targets easier. As a result I kept my motivation as I worked hard towards my targets whilst still meeting them.' **1 mark**

3. c) Describe how you monitored your programme of work (4 marks)

Marks are awarded for the description of monitoring. No marks were awarded for descriptions of the method(s).

(i) Describe how you monitored your programme of work for factor 1. (2 marks)

The candidate was awarded 1 mark

Time reference – 'I retested it months after I originally did it in august' **1 mark**

Comparison – The candidate has given not provided a comparison. **0 mark**

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

The candidate was awarded 2 marks

Time reference – 'I wrote down my trigger word after each session' **1 mark**

Comparison – 'I could see progressively through the weeks that it did work' **1 mark**

3. d) Evaluate the effectiveness of your personal development programme. (6 marks)**The candidate was awarded 5 marks**

Identify, Judgement and Value required to access **1 mark**.

Paragraph 1

I – ‘Small-sided games’

J – ‘games were always intense and different from game to game’

V – ‘I was motivated to work hard as a result my CRE improved faster’

1 mark

Paragraph 2

I – training with a partner

J – ‘I aimed to beat my partner whilst training’

V – ‘worked harder during training to make sure that I ran further than him’

1 mark

Paragraph 3

I – trained with music

J – ‘I listened to fast paced music during training’

V – ‘during my training I was faster than my norm, improving my CRE quicker.’

1 mark

Paragraph 4

I – ‘continuous running’

J – the candidate has not provided a judgement

V – ‘the candidate has not provided a value’

Repetition of knowledge from Paragraph 1

0 mark

Paragraph 5

I – ‘Fartlek Training’

J – ‘easily adaptable as I could shorten how long I walked and lengthened how long I walked’

V – ‘adapted to my improvements therefore always improving my CRE’

1 mark

Paragraph 6

I – ‘Variety of practices’

J – ‘kept the programme interesting and as fun as possible’

V – ‘I was working harder during my training because I wasn’t bored’

1 mark

3. e) Evaluate your performance in the two selected factors. (4 marks)**The candidate was awarded 2 marks**

Identify, Judgement and Value required to access **1 mark**.

Paragraph 1

I – ‘my CRE has improved’

J – ‘I had more energy near the end of the game than my opponent’s

V – I could easily dribble past my opponents late in the game making it easier to create an attacking opportunity

1 mark

Paragraph 2

I – ‘speed has improved’

J – ‘run faster/outpace’

V – the candidate has not provided a value

0 mark

Paragraph 3

I – ‘my concentration has improved’

J – ‘focus more intensely during basketball as a result, I could read the game better and intercept the ball’

V – ‘greater chance of intercepting the ball initiating a counterattack’

1 mark

Paragraph 4

I – ‘my anxiety levels have improved’

J – ‘more relaxed’

V – the candidate has not provided a value

0 mark

3. f) With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)**The candidate was awarded 3 marks**

Current, Action, and Reasoning required to access **1 mark**.

C – the candidate has not identified current performance

A – ‘fartlek training’

R – ‘training becomes less casual and more competitive meaning I gain more motivation’

0 mark

C – ‘still improving my CRE’

A – ‘increase the amount of time I train from 3 to 4’

R – ‘makes sure I am pushing myself and that I do not plateau’

1 mark

C – the candidate has not identified current performance

A – ‘continuous running’

R – ‘training is less boring which helps me gain motivation’

1 mark

C –the candidate has not identified current performance

A – ‘dribble with a football’

R – ‘find fartlek less boring which will increase my motivation’

1 mark

Total marks 44

Candidate 6 – Volleyball

Section 1: Understanding factors that impact on performance

For each factor, mental, emotional, social and physical, explain its impact on performance (8 marks)

The candidate was awarded **3 marks**

Factor, Context and Impact required to access **1 mark**.

Factor 1: Physical

F – ‘power’

C – ‘powerful shot at goal making the ball move faster’

I – ‘Increasing your chances to score’

1 mark

F – ‘agility – no knowledge of factor’

C – the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

Factor 2: Mental

F – concentration – no knowledge of factor

C – the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

F - motivation – no knowledge of factor

C - the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

Factor 3: Emotional

F – ‘anger’

C – ‘might do things you don’t normally do/more aggressive on the pitch’

I – ‘maybe sent off’

1 mark

F – fear – no knowledge of factor

C - the candidate has not provided a context

I – the candidate has not provided an impact

0 mark

Factor 4 Social

F – communication

C – ‘shouting that you are in space’

I – ‘ensure possession is kept and increase your chances/successful cross to score’

1 mark

F – relationships – no knowledge of factor
C – the candidate has not provided a context
I – the candidate has not provided an impact
0 mark

Section 2: Planning, developing, and implementing approaches to enhance personal performance.

2. a) Explain the challenges you may face when gathering reliable data on your two selected factors (3 marks)

The candidate was awarded 1 mark

1st Challenge - Reliability – candidate refers to ‘marker might not be looking/paying attention/results going to be inaccurate’ **1 mark**

2nd Challenge – The candidate has not provided a link to reliable data. **0 marks**

3rd Challenge – The candidate has not provided a link to reliable data. **0 marks**

2. b)(i) Identify one appropriate method you used to gather data on your performance in factor 1. (1 mark)

The candidate was awarded 1 mark

Method: Video analysis/match analysis sheet **1 mark**

(ii) Identify one appropriate method you used to gather data on your performance in factor 2. (1 mark)

The candidate was awarded 1 mark

Method: Personal performance wheel **1 mark**

2. c) Select one of the methods identified in 2b. Describe how you used this method to gather data about this factor. (4 marks)

The candidate was awarded 4 marks

1st descriptive point – ‘You will need something to film and someone to film you’ **1 mark**

2nd descriptive point – ‘The person will film either just you or the whole game’ **1 mark**

3rd descriptive point – ‘The recordings are saved’ **1 mark**

4th descriptive point – ‘you can watch it over and watch it whenever you want’ **1 mark**

2. d) Explain why you selected this method to gather data on your performance in the identified factor. (3 marks)

The candidate was awarded 3 marks

Paragraph 1 - track progress – ‘Watch it later in my programme to see if I have improved’. ‘programme completely’ **1 mark**

Paragraph 1 – Ease of use ‘very easy to set up’....‘more time to continue with my development programme’ **1 mark**

Paragraph 2 - Creating a PDP – ‘accurate footage’...‘clear direction on how to set up the development programme’ **1 mark**

2. e) From the data you have gathered describe your strengths and development needs in relation to your performance for both factors (4 marks)

The candidate was awarded 2 marks

Paragraph 1 – As power is identified in 2f as the development target and is described in paragraph 3 no mark is awarded here for power as a strength. **0 marks.**

Paragraph 2 – incorrect factor (describes communication) **0 marks**

Factor 1 - Physical Factor – development need ‘I sometime hit the ball to hard’...‘over the opponent’s court’ **1 mark**

Factor 2 - Mental factor – ‘development need’, ‘during my performance I am motivated to do my best’ **1 mark**

Factor 2 – Mental factor – Anxiety identified but not described **0 marks**

2. f) With reference to the data, identify an appropriate target for each factor.

(i) Identified target for factor 1 (1 mark)

The candidate was awarded 1 mark

Target – ‘I need to improve my power for a hit’ **1 mark**

(ii) Identified target for factor 2 (1 mark)

The candidate was awarded 1 mark

Target – Improve my motivation to help myself concentrate during my performances **1 mark**

2. g) Explain why it is important to set targets when creating a personal development programme. (3 marks)

The candidate was awarded 2 marks

Explanation 1 - Motivation – ‘keeps your motivation levels high...work harder...to achieve in your training programme’ **1 mark**

Explanation 2 - Baseline for comparison – ‘If you did not complete your targets...no progress in your PDP...base line to tell if you are improving or not’ **1 mark**

2. h) Describing approaches to develop performance.

Marks awarded for description of approach and not the set-up of the approach.

(i) From your personal development programme, select and describe an approach that you used to develop factor 1 (2 marks)

The candidate was awarded 2 marks

First Approach: 'in repetition drills you do the same actions you do in a game but practise them over and over' **1 mark**

'Such as a volley /hitting the ball against a wall' **1 mark**

(ii) From your personal development programme, select and describe an approach that you used to develop factor 2. (2 marks)

The candidate was awarded 1 mark

Second Approach: 'Positive self-talk is when you build negative thoughts in your mind and change them for the positive' **1 mark**

2i In addition to the approaches you used, justify further decisions that you made when planning your personal development programme.

The candidate was awarded 2 marks

Decision, Exemplify, and Reason required to access **1 mark**.

Paragraph 1

D – 'the people I was training with'

E – 'having other people will ensure I am working with different abilities'

R – 'making me comfortable and willing to train'

1 mark

Paragraph 2

D – 'changing approaches'

E – 'if I was doing the same approaches, I would get bored'

R – 'not want to carry on/affect my PDP/stopped trying'

1 mark

Paragraph 3

D – 'one of my gym sessions for a games hall session'

E – 'practicing actions of the game'

R – the candidate has not provided a reason

0 marks

Paragraph 4 – the candidate refers to approaches therefore cannot access any marks

0 marks

Section 3: Monitoring, recording and evaluating performance development

3. a) During your personal development programme you will have received feedback from others. Explain whether the feedback you received was useful or not. (2 marks)

The candidate was awarded 2 marks

Paragraph 1- The candidate refers to 'receiving feedback from PE teacher....reliable and appropriate...can quickly adapt'. **1 mark**

Paragraph 2 - The candidate refers to 'receiving feedback from team mate...Lack of experience...the information wasn't very appropriate'. **1 mark**

3. b) Explain why it is necessary to monitor your performance development. (3 marks)

The candidate was awarded 3 marks

Paragraph 1 – comparison - 'I can look back on my information...if I am improving/going in the wrong direction with my current development programme' **1 mark**

Paragraph 1 – making changes - 'Deciding if I need to change any current/ make me work on the appropriate things' **1 mark**

Paragraph 2 – motivation - 'Important to know because...need to see if you are capable....maybe your motivation levels...being similar to an idol in your sport' **1 mark**

3. c) Describe how you monitored your programme of work(2 marks)

Marks are awarded for the description of monitoring. No marks were awarded for descriptions of the method (s)

(i) Describe how you monitored your programme of work for factor 1 (2 marks)

The candidate was awarded 0 marks

Time reference – The candidate has not provided a reference to time **0 mark**

Comparison – The candidate has not provided a comparison **0 mark**

(ii) Using a different method describe how you monitored your programme of work for factor 2. (2 marks)

The candidate was awarded 1 mark

Time reference – 'I would do this at the start and at the end' **1 mark**

Comparison – The candidate has made no reference to comparison **0 mark**

3. d) Evaluate the effectiveness of your personal development programme. (6 marks)**The candidate was awarded 3 marks**

Identify, Judgement and Value required to access **1 mark**.

Paragraph 1

I – ‘change what approaches I did’

J – ‘didn’t get bored of constantly doing the same thing’

V – ‘make me more comfortable with what I’m doing causing me to work harder’

1 mark

Paragraph 2

I – ‘partner not at the same level as me’

J – ‘less time to practice...partner couldn’t keep a repetitive rally going’

V – ‘best making my training programme results’

1 mark

Paragraph 3

I – ‘repetitive drills’

J – ‘kept my anxiety levels low...I felt no pressure’

V – candidate has not provided a value to the personal development programme (PDP)

0 mark

Paragraph 4

I – ‘good amount of time’

J – the candidate has not provided a judgement

V – the candidate has not provided a value.

0 mark

Paragraph 5

I – ‘feedback from teacher’

J – ‘I can rely on it and then further adapt my training programme’

V – ‘so that I can see more improvements’

1 mark

Paragraph 6

I – ‘helping me with my communication’

J – the candidate has not provided a link to the judgement

V – the candidate has not provided a link to the value

0 mark

3. e) Evaluate your performance in the two selected factors. (4 marks)**The candidate was awarded 2 marks**Identify, Judgement and Value required to access **1 mark**.

Paragraph 1

I – ‘successfully completing my footwork’

J – ‘jump high to ensure I can reach the ball’

V – ‘get an effective hit in to the opponent’s court’

1 mark

Paragraph 2

I – ‘During my serve I could successfully get the ball over the net’

J – ‘into the opponents half/leave spaces open’

V – ‘gaining a point by scoring in those open spaces’

1 mark**3. f) With reference to your current performance, justify the next steps in planning for your future performance development. (4 marks)****The candidate was awarded 2 marks**Current, Action, and Reasoning required to access **1 mark**.

Paragraph 1

C – ‘I have noticed my volleys need to be worked on’

A – ‘I would use repetition drills’

R – ‘so that the ball goes straight up in the air so that my team have an easier chance of hitting the ball over the net’

1 mark

Paragraph 2 - extension point of volleys need work

C – ‘same current’

A – ‘use an accuracy drill’

R – ‘put the ball where I want it to go without any hassle/will gain my confidence’

1 mark

Paragraph 3

C – the candidate has not identified current performance

A – the candidate has not provided a link to the action

R – the candidate has not provided a link to the reason

0 mark**Total marks 37**