

Commentary on candidate evidence

The candidate evidence has achieved the following marks for each section of the portfolio.

Commentary

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 **0 marks**.

The Factor, Context and Impact (FCI) are required for each factor to access 1 mark.

Factor 1: Physical

F – Speed

C – *'Speed allows me to move faster than my opponents with or without the ball, or to beat them to the ball.'*

I – there is no link between context and impact (0 marks)

F – CRE

C – *'CRE allows me to last longer in a game of football without getting fatigued.'*

I – there is no impact (0 marks)

F – Agility

C – *'Agility allows me to turn/move quicker than my opponents to get around them.'*

I – there is no link between context and impact (0 marks)

Factor 2: Mental

F- Confidence

C- there is no context

I – there is no link between context and impact (0 marks)

F- Anger

C- *'being angry and not focussed.... could lead to me making even more mistakes during my game.'*

I – there is no link between context and impact (0 marks)

Factor 3: Social

F- Communication

C- there is a lack of detail in the context

I – there is a lack of detail in the impact (0 marks)

F- Cooperation

C- *'allows me to take information in from the others like coaches, this benefits me as a player as it allows me to progress and increase my skill level.'*

I – there is no impact (0 marks)

Factor 4: Emotional

F- Decision Making

C- *'when playing in goals, I need to make the decision of coming out to collect the ball or to come and kick the ball.'*

I – there is no link between context and impact (0 marks)

F- Concentration

C- *'When players are about to take a penalty, like Harry Kane the opposition fans were booing him while he went up to take it, this is where concentration is needed.'*

I – there is no link between context and impact (0 marks)

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

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

The candidate was awarded **3 marks**.

Paragraph 1

First challenge – Injury

'I had an injured ankle, this resulted in me not being able to go as fast as I normally would, and this impacted my overall score making it not as reliable.' (1 mark)

Paragraph 2

This does not link back to the data. The candidate would need to have said that the data was not accurate as a result. (0 marks)

Paragraph 3

Second challenge – equipment

'I wore incorrect footwear...caused me to slip constantly...wasn't running as fast...scores were not reliable as they were not accurate.' (1 mark)

Paragraph 4

Third challenge – not taking it seriously

'Not taking it seriously this meant that when completing it that I could've rushed it this meant that the ratings were unreliable.' (1 mark)

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

The candidate was awarded **1 mark** for identifying Standardised Fitness Tests as an appropriate method.

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

The candidate was awarded **1 mark** for identifying a Performance Profiling Wheel as an appropriate method.

2c 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** because they provide four clear descriptive points which are:

- ◆ *'...collected the required equipment this included, measuring tape to measure the distance accurately, then we collected a stopwatch...'*
- ◆ *'...the first person doing the test started at the far left corner...'*
- ◆ *'...the partner will start the timer of the stopwatch...'*

◆ *'...running straight forward to the first cone...'*

2d 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

Permanent record for comparison.

'A permanent record is good as it provides a copy of scores that can be looked up and used when needed. This allows you to keep track of your score and compare it when I completed my training programme e.g. to check you have improved your ability.' **(1 mark)**

Paragraph 2

The candidate has not provided an explanation. **(0 marks)**

Paragraph 3

Strengths and weaknesses.

'When looking back the score sheet can tell you what is your strength...can tell your weakness...allows you to plan a training programme to improve your weaknesses.' **(1 mark)**

Paragraph 4

There was no link to the data collection method. **(0 marks)**

Paragraph 5

More time to train.

'It wasn't time consuming...more time to tailor and adapt to improve my weaknesses during the training programme' **(1 mark)**

Paragraph 6

There is no explanation and three marks already awarded.

2e 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 **4 marks**.

Factor 1 - Physical

Strength – speed

'...I can outpace them' **(1 mark)**

Development need - agility

'I can't turn as quickly' **(1 mark)**

Factor 2 - Emotional

Strength – control of fear

'...rather than being scared of my opponent' **(1 mark)**

Development need – control of anger
'When I concede goals I could get angry' (1 mark)

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

The candidate was awarded **2 marks**.

(i) Identified target for factor 1

The candidate was awarded **1 mark** because they identified an appropriate target which was to improve their agility.

ii) Identified target for factor 2

The candidate was awarded **1 mark** because they identified another appropriate target which was to improve their control of anger.

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

The candidate was awarded **2 marks**.

Paragraph 1 – Motivation

'When I complete my set targets I will feel accomplished...This allows me to move on further in my self-development of my weaknesses.' (1 mark)

Paragraph 2 - Focus

The explanation needs more information on how focus provides motivation. It goes back towards targets so there is no link. For example, if motivation was changed to concentration, a mark could be awarded. (0 marks)

Paragraph 3 - Changes to programme

'...when I set myself targets I can receive valuable feedback...This allows me to change my programme if it is too easy or hard.' (1 mark)

2h Describing approaches to develop performance. (4 marks)

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

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

The candidate was awarded **2 marks** for two descriptive points.

First approach - Fartlek

First descriptive point – *'I ran for 12 minutes'*

Second descriptive point – *'...you must sprint 1 side, jog 2 sides and walk the final side...'*

(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** for two descriptive points.

Second approach – deep breathing.

First descriptive point – *'...was a quiet space to myself away from others...'*

Second descriptive point – *'...focus on breathing in through my mouth and out my nose...'*

2i 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 **4 marks**. Decision, Exemplify and Reason (D,E,R) are required to access 1 mark.

Paragraph 1 (1 mark)

D – *'I decided to extend the length of my sessions...'*

E – *'...for example, I used to do 12 minutes but now I do 14 minutes this means I am working for longer...'*

R – *'...the reason I do this is to increase my fitness faster as I am doing more exercises.'*

Paragraph 2 (1 mark)

D – *'I decided to have a rest during my session.'*

E – *'I ran for 6 minutes then rested for 1 minutes... I am able to regain my breath'*

R – *'...doing so allowed me to continue running for the rest of the session.'*

Paragraph 3 (1 mark)

D – *'...I decided to do more sessions per week...'*

E – *'...I used to do 4 sessions...more exercise...'*

R – *'increasing my CRE at a faster pace.'*

Paragraph 4 (1 mark)

D – *'I decided to listen to music while completing my fitness sessions.'*

E – *'...while completing...to increase my motivation...'*

R – *'...last longer due to motivation...doing more exercise.'*

Section 3: Monitoring, recording and evaluating performance development.

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

The candidate was awarded **2 marks**.

Paragraph 1 - timing of the feedback.

'I received written feedback from my teacher...fresh in my mind and I was able to make changes right there and then.' (1 mark)

Paragraph 2 - expertise of the coach/teacher.

'I received verbal feedback from my teacher... I can trust my teachers knowledge.' (1 mark)

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

The candidate was awarded **3 marks**.

Paragraph 1 – changes.

'It allows you to track.... This means that I would be able to make changes if necessary.' (1 mark)

Paragraph 2 - new targets.

'...it allows you to set new targets....see if the targets I have set previously have made a difference and I have achieved them.' (1 mark)

Paragraph 3 - tracking process.

'...allows you to compare your previous...this means that I will be able to see if I have improved in my skills or whether I have got worse.' (1 mark)

3c Describe methods to monitor performance. (4 marks)

The candidate was awarded **3 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 **2 marks**.

Protocol – *'I did the Cooper Test....with the same measurements as before and on the same surface.'* (1 mark)

Time reference – *'I redid the test twice once at the midpoint and once at the end of my programme.'* (1 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 – *'Every time I complete a session I received feedback right there and then to improve my sessions.'* **(1 mark)**

There was no reference to comparison or protocol so no further marks were awarded.

3d Evaluate the effectiveness of your personal development programme. (6 marks)

The candidate was awarded **1 mark**. Identify, Judgement and Value are required to access one mark.

Paragraph 1

I – *'...training with a partner...'*

J – *'...talking to my partner...kept me motivated...'*

V – there is no value (0 marks)

Paragraph 2

I – there is no identification.

J – *'...I was motivated enough to complete my training...'*

V – there is no value **(0 marks)**

Paragraph 3

I – *'I had a various amount of approaches...'*

J – *'I would not get bored by doing the same exercises over and over...'*

V – *'...keeping myself motivated to continue on with my training programme...'* **(1 mark)**

Paragraph 4

I – *'I had targets set for my training programme...'*

J – *'I was always motivated to achieve my targets which prevented me from getting bored...'*

V – there is no value for the PDP. **(0 marks)**

Paragraph 5 lacks any relevant knowledge. **(0 marks)**

Paragraph 6

I – *'I was aware of how long my sessions were...'*

J – *'I was able to stay motivated as I knew I was not working for too long...'*

V – there is no value for the PDP. **(0 marks)**

Paragraph 7

I – *'...I was receiving feedback from my peers...'*

J – *'...the feedback I was receiving was unreliable as it was someone who wasn't qualified...'*

V – there is no value for the PDP. **(0 marks)**

3e Evaluate your performance in the two selected factors. (4 marks)

The candidate was awarded **2 marks**. Identify, Judgement and Value are required to access 1 mark.

Paragraph 1 – there was change of activity, so no marks were accessible. **(0 marks)**

Paragraph 2

I – *'...my agility has not improved...'*

J – *'...my decreased agility makes it harder for me to get down low to stop a shot...'*

V – there was no value just a repetition of knowledge from the judgement. **(0 marks)**

Paragraph 3

I – *'...my control of anger has not improved...'*

J – *'When a shot comes in at me and I make a mistake...I may get angry with my mistake, this causes me to lose my concentration.'*

V – *'This allows the opposition...to make another mistake like passing the ball to their striker, this could lead to their striker creating a scoring chance.'* **(1 mark)**

Paragraph 4

I – *'...my control of confidence has not improved...'*

J – *'When playing against a stronger opposition I may crumble under the pressure.'*

V – *'...this may cause me to make a mistake...allows the opposition possession which will furthermore help them create chances.'* **(1 mark)**

3f 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, and Reasoning are required to access 1 mark.

Paragraph 1

C – *'...physical weakness is my kicking in football...'*

A – *'...repetition drills of just kicking...'*

R – *'This is to help me automatically take it into a game as I have good muscle memory.'* **(1 mark)**

Paragraph 2

C – *'...emotional weakness in football is my control of anger...'*

A – *'...I will work on my deep breathing...'*

R – The reasoning is related to concentration and not anger. **(0 marks)**

Paragraph 3

C – *'...emotional weakness is my control of confidence...'*

A – *'...positive self talk...'*

R – The reasoning is related to concentration and not confidence. **(0 marks)**

Paragraph 4 – there is a change of activity so no marks are accessible. **(0 marks)**