

**AS and A LEVEL**  
*Coaching Assessment Grid*

# PHYSICAL EDUCATION

H155/H555  
For first teaching in 2016

Version 1



# OCR AS and GCE coaching assessment grid

Please turn over to see the coaching assessment criteria.

Candidates should be marked on their overall performance using a best fit approach. Each bullet point should be considered and the candidate awarded a mark based on their overall performance and based on the descriptors which best describe what you have seen.

For example, where a candidate shows:

- Range and quality - all of the core and advanced skills for coaching = top end of Level 6
- Planning and organisation - Planning and organisation is excellent, awareness of health and safety is very good = high level 4
- Delivery - excellent understanding and awareness with high quality demonstrations = top of level 5
- Technical knowledge - excellent knowledge of technical models, slightly weaker on their explanation of these though = lower end of level 5
- Evaluation - Awareness of their own strengths and weaknesses is good and their ability to adapt as the session progresses is made with some success = top end of level 4
- Coaching plan -The pan is both detailed and comprehensive and fully supports everything = Top of level 6
- Best fit = on average high Level 5

The following two pages are one grid, to be marked out of 30 overall.

Centres may like to use a form of tick sheet based on the LOR like the one below to tick where in each level a learner is positioned. For example, ticks on the left indicate high in the band, ticks in the middle for middle of the level marks and ticks to the right indicate low marks in the band:

	Range and quality	Planning and organisation	Delivery	Technical knowledge	Evaluation and reflection	Coaching plan	Best fit
Level 6	✓					✓	
Level 5			✓	✓			✓
Level 4		✓			✓		
Level 3							
Level 2							
Level 1							
Level 0							



Level	Range and quality	Planning and organisation	Delivery	Technical Knowledge	Evaluation and reflection	Coaching plan	Level
6 (27–30 marks)	<ul style="list-style-type: none"> <li>the learner demonstrates all core skills and most advanced skills for coaching</li> <li>core skills are performed very consistently with an outstanding standard of accuracy, control and fluency</li> <li>the advanced skills demonstrated are performed very consistently with an excellent standard of accuracy, control and fluency</li> </ul>	<ul style="list-style-type: none"> <li>the planning and organisation of individual coaching sessions and the overall coaching plan are outstanding, taking full consideration of all the key requirements for the sessions</li> <li>there are clear short and long term objectives which are very appropriate for the participants being coached</li> <li>the learner demonstrates outstanding awareness of health and safety and child protection issues and includes comprehensive risk assessments</li> </ul>	<ul style="list-style-type: none"> <li>The learner(s):</li> <li>demonstrates an outstanding understanding of how to coach the activity through their application of a variety of highly appropriate strategies and approaches.</li> <li>demonstrates excellent awareness of the rules/regulations of the activity during sessions</li> <li>demonstrates outstanding awareness of and response to the strengths, weaknesses and actions of the participants during the sessions</li> <li>communication with participants is outstanding</li> <li>verbal instructions are accurate and clear to understand;</li> <li>demonstrations are of very high quality and aid participants' understanding</li> <li>detailed guidance and feedback is provided to participants</li> </ul>	<ul style="list-style-type: none"> <li>The learner:</li> <li>demonstrates outstanding knowledge of the correct technical models for the skills and analytical phases of the activity and of progressive practices to develop these</li> <li>The learner demonstrates outstanding ability to demonstrate/explain relevant technical models for the activity being coached</li> </ul>	<ul style="list-style-type: none"> <li>The learner(s')</li> <li>demonstrates excellent awareness of their own strengths and weaknesses in delivering the sessions both during delivery and afterwards</li> <li>demonstrates outstanding ability to adapt individual sessions, the overall coaching plan and aspects of their approach both during delivery and for subsequent sessions</li> <li>evaluation and reflection on their own coaching performance is thoughtful and shows a very well developed appreciation of the activity</li> </ul>	<ul style="list-style-type: none"> <li>a detailed and comprehensive plan which fully supports this level of attainment is present</li> </ul>	6 (27–30 marks)
5 (22–26 marks)	<ul style="list-style-type: none"> <li>the learner demonstrates all core skills and most advanced skills for coaching</li> <li>core skills are performed very consistently with an excellent standard of accuracy, control and fluency</li> <li>the advanced skills demonstrated are performed consistently with a very good standard of accuracy, control and fluency</li> </ul>	<ul style="list-style-type: none"> <li>the planning and organisation of individual coaching sessions and the overall coaching plan are excellent, taking consideration of all the key requirements for the sessions</li> <li>there are clear short and long term objectives which are very appropriate for the participants being coached</li> <li>the learner demonstrates excellent awareness of health and safety and child protection issues and includes detailed risk assessments</li> </ul>	<ul style="list-style-type: none"> <li>The learner(s):</li> <li>demonstrates an excellent understanding of how to coach the activity through their application of a variety of highly appropriate strategies and approaches</li> <li>demonstrates excellent awareness of the rules/regulations of the activity during sessions</li> <li>demonstrates excellent awareness of and response to the strengths, weaknesses and actions of the participants during the sessions</li> <li>communication with participants is excellent</li> <li>verbal instructions are accurate and clear to understand</li> <li>demonstrations are of high quality and aid participants' understanding</li> <li>detailed guidance and feedback is provided to participants</li> </ul>	<ul style="list-style-type: none"> <li>The learner:</li> <li>demonstrates excellent knowledge of the correct technical models for the skills and analytical phases of the activity and of progressive practices to develop these.</li> <li>demonstrates excellent ability to demonstrate/explain relevant technical models for the activity being coached</li> </ul>	<ul style="list-style-type: none"> <li>The learner(s')</li> <li>demonstrates very good awareness of their own strengths and weaknesses in delivering the sessions both during delivery and afterwards</li> <li>demonstrates excellent ability to adapt individual sessions, the overall coaching plan and aspects of their approach both during delivery and for subsequent sessions</li> <li>The learners' evaluation and reflection on their own coaching performance is thoughtful and shows a well-developed appreciation of the activity</li> </ul>	<ul style="list-style-type: none"> <li>a detailed and comprehensive plan which supports this level of attainment is present</li> </ul>	5 (22–26 marks)
4 (16–21 marks)	<ul style="list-style-type: none"> <li>the learner demonstrates all core skills and many advanced skills for coaching</li> <li>core skills are performed consistently with a very good standard of accuracy, control and fluency</li> <li>the advanced skills demonstrated are performed with some consistency and with a good standard of accuracy, control and fluency</li> </ul>	<ul style="list-style-type: none"> <li>the planning and organisation of individual coaching sessions and the overall coaching plan are very good, taking consideration of many key requirements for the sessions</li> <li>there are clear short and long term objectives which are appropriate for the participants being coached</li> <li>the learner demonstrates very good awareness of health and safety and child protection issues and includes appropriate risk assessments</li> </ul>	<ul style="list-style-type: none"> <li>The learner(s):</li> <li>demonstrates a very good understanding of how to coach the activity through their application of a variety of appropriate strategies and approaches</li> <li>demonstrates very good awareness of the rules/regulations of the activity during sessions</li> <li>demonstrates very good awareness of and response to the strengths, weaknesses and actions of the participants during the sessions</li> <li>communication with participants is very good</li> <li>verbal instructions are accurate and clear to understand</li> <li>demonstrations are of good quality</li> <li>guidance and feedback is provided to participants</li> </ul>	<ul style="list-style-type: none"> <li>The learner:</li> <li>demonstrates very good knowledge of the correct technical models for the skills and analytical phases of the activity and of progressive practices to develop these</li> <li>demonstrates good ability to demonstrate/explain relevant technical models for the activity being coached</li> </ul>	<ul style="list-style-type: none"> <li>The learner(s')</li> <li>demonstrates good awareness of their own strengths and weaknesses in delivering the sessions both during delivery and afterwards.</li> <li>demonstrates very good ability to adapt individual sessions, the overall coaching plan and aspects of their approach for subsequent sessions. Some successful adaptations are made during delivery.</li> <li>evaluation and reflection on their own coaching performance shows a good appreciation of the activity</li> </ul>	<ul style="list-style-type: none"> <li>a detailed plan which supports this level of attainment is present</li> </ul>	4 (16–21 marks)

