H155/03 Content of non-exam assessment: Performance in physical education
Mark sheet for EAPI exemplar candidate audio 1
Summer 2017 examination series
Version 1
# Mark sheet for EAPI exemplar candidate audio 1

## Assessment Criteria

### Skills
- **Marking** - Tight & Goal side
- **Tackling** - Flat stick - what the opponent has to do to counter / beat this
- **Drag & Roll Out**

### Tactics
- **V Drag & Roll out** linked to transfer of ball & passing to pivot player
- **Goal Side & Post Side positioning**
- **Press well with a focus on pressuring the space & not directly the player - especially at the hit out**

### Fitness
- **Flexion** - got low in defensive positions
- **Agility** - Used to beat a player
- **Speed** - first to the ball which leads to more interceptions
- **Co-ordination** - no contact with the ball by the feet
- **Reaction Time** - getting the stick in a low position when defending / blocking

### Planning & Organisation

### Weakenings
- **Hit** - Off balance - ball often in the air or intercepted.
- **Reverse Stick Control** - lacked a soft bottom hand
- **Push Passes** - lacking power

### Tactics
- **Work Rate** - didn't track her runner - left the midfield to do too much
- **Harassments** - middle of pitch - left too much space & was easy to defend against or for the opposition to attack against in the wide channels
- **Decision Making** - 1st choice was often poor & did not protect ball enough

### Fitness
- Cardio-Vascular Fitness - shown through work rate, lack of tracking & was happy to stay high up in the field
- **Balance** - Related to effectiveness of hit
- **Power** - Push passes related & linked to interceptions
- **Muscular Endurance** - Very upright which created a lack of control
- **Muscular Strength** - Was not able to hold off players

### Priority Weaknesses, Timescale & Justifications
- **Hit** - related to the players playing position (Forward) and tactic of counter attacking.
- **4 Weeks - 2 Sessions a week** + Gym session + Competitive match
- **SPART targets** - Increase number of hits on target over the 4 weeks
- **Included details of a Warm Up & Cool Down as part of the planned programme**

## Progressive Practices

### Coaching Points
- **V Grip (Double)**
- **Weight on back foot**
- **Ball in-line with front foot**
- **Shoulder rotation**
- **Weight transfer** - positive & negative comparisons
- **Progressive Practices**
  - showed clear progression and detail
  - but lacked a range of competitive pressure, on the boarder between level 4 & 5
  - Coaching points were significantly weaker and lacked in both detail and in terminology.

## Physical Factors Affecting Performance
- **Theory** was wide ranging, especially for the O2 component and was effectively applied to the performer and the action plan; however, no theory was given in the Evaluative Comments.

## Psychological & Socio-Cultural Themes
- **When we considered this we felt this section no longer warranted an average of Level 4/5 but a Lower 4 as such this moved the overall score.**
- **The ticks shown indicate the section award prior to the adjustment.**

## Evaluation & Reflection

## Physiological Factors Affecting Performance

## Action Plan
- **Warm Up & Cool Down** - specific stages - benefits - respiratory & muscular system
  - **Joints (x2) & Muscles (x5)**
  - Cardiac Output = 0
  - Aerobic capacity
  - Movement Terms (x2)
  - Venous Return - DOMS

## Cognitive Processing
- **Teamwork**
  - Video - Role Model - Increase Motivation
  - Visual Guidance Kinesthesia - Sub Routines
  - Masked / Whole / Varied Practice Methods
  - Knowledge of Results
  - Positive / Negative Feedback & Punishment

## Prompting
- **NONE**

## Score
- **22**
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