

AS LEVEL

Exemplar Candidate Work

PHYSICAL EDUCATION

H155

For first teaching in 2016

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

Student _____



Sport Hockey

School _____

Assessor _____

Assessment Criteria		Student Comments	Band					
			1	2	3	4	5	6
			0 - 5	6 - 10	11 - 15	16 - 20	21 - 25	26 - 30
Planning & Organisation	Strengths	Skills Marking - Tight & Goal side Tackling - Flat stick - what the opponent has to do to counter / beat this Drag & Roll Out	Overall Success of Performance					✓
		Tactics V Drag & Roll out linked to transfer of ball & passing to pivot player Goal Side & Post Side positioning Pressed well with a focus on pressuring the space & not directly the player - especially at the hit out	All have good justification & are related to both the player & the game situation.					✓
		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	There are no clearly defined references to the overall success.					✓
	Weaknesses	Skills Hit - Off balance - ball often in the air or intercepted. Reverse Stick Control - lacked a soft bottom hand Push Passes - lacked power	Is a potential Level 6 response but the lack of overall success limits this.					✓
		Tactics Work Rate - did not track her runner - left the midfield to do too much Narrow - congested 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 the field Balance - Related to effectiveness of hit Power - Push pass related & linked to interceptions Muscular Endurance - Very upright which created a lack of control Muscular Strength - Was not able to hold off players						✓
Priority Weakness, 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 SMART 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	Potential Level 6 response but lacks justification of why it can be improved in timescale					✓
Technical Knowledge & Action Planning	Progressive Practices & Coaching Points	Progressive Practices Accuracy through static hits - coned areas to define focus - 100 hits - increase distance as success increases - create competition between partners - limit number of touches Weighted Ball - focus on developing the power - hitting from top of 'D' - once 5 successful increase distance & repeat - increments of 5m's until player at half way line - the target was the goal but could this be more defined especially at the start? Hit on the Move - dribble to a marker at the top of the 'D' & then strike at the goal which has been divided into 1/3rds - focus on the foot movement & the drag across the ball - to progress add a defender who is static at first but then becomes active once success is gained at prior level. Conditioned Game - there is a focus of the player hitting from the top of the 'D' with a target of 80% accuracy when in this position. Weights & Fitness Sessions - To supplement the skill practices which would be a circuit (3 sets) - increase work and decrease rest each week - Lat Raises - Squats - Forward Raises - Skipping - RT Band - Ice Skaters - this is more focused to overall performance & some specifics of power in the hit. Measurement - Throughout each session there is a accuracy target which would be counted at the start and end so that progress can be measured	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.	Progressive Practices ✓ ✓ Coaching Points ✓				
		Evaluative Comments 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. 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.	Action Plan Warm Up & Cool Down - specific stages - benefits - respiratory & muscular system Joints (x2) & Muscles (x5) ↑ Cardiac Output = ↑ Aerobic capacity Movement Terms (x3) Venous Return - DOMS					
Evaluation & Reflection	Physiological Factors Affecting Performance		Cognitive Processing Teamwork Video - Role Model - Increase Motivation Visual Guidance Kinesthesia - Sub Routines Massed / Whole / Varied Practice Methods Knowledge of Results Positive / Negative Feedback & Punishment					✓
	Psychological & Socio-Cultural Themes							✓
Prompting		NONE						✓
			Score	22				✓



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