H555/04
Content of non-exam assessment: Performance in physical education
Mark sheet for EAPI exemplar candidate audio 2

Version 1
Mark sheet for EAPI exemplar candidate audio 2

### GCE EAPI

**Exemplar Candidate Work**

**A Level Physical Education**

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### Assessment Criteria

<table>
<thead>
<tr>
<th>Skills</th>
<th>Student Comments</th>
<th>Academic</th>
<th>Performance Pyramid</th>
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</thead>
<tbody>
<tr>
<td>Marking - Tight &amp; Goal side</td>
<td></td>
<td></td>
<td>Overall Success of Performance</td>
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<tr>
<td>Tackling - Flat stick</td>
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<tr>
<td>V Drag &amp; Roll Out</td>
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**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

**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**

- Prompting: NONE

**Technical Knowledge & Action Planning**

<table>
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<tr>
<th>Priority Weakness</th>
<th>Timescale</th>
<th>Related to players playing position as a forward</th>
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<tbody>
<tr>
<td>HIT</td>
<td>10 Weeks</td>
<td>Increase speed of shot × harder to save</td>
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**Progressive Practices & Coaching Points & Adaptations**

- Wk 1/2 - Static Hits - focus on Accuracy & Technique & video demo - coned areas to define focus - 100 hits - fin distance as success increases - partner competition - tap way = moving ball - repeat as clip hit - hit into air into goal
- Wk 3/4 - Weighted Ball - developing the power - hitting from top of "D"into goal - once 4 successful fin distance (25 / ½ way / far 25) & repeat - team member competition - repeat with clip hit - re-cap of wk 1/2 sessions
- Wk 5/6 - Hit on the Move - start at 25 dribble to a marker at the top of "D" & strike at goal (divided into 1/3rds) - focus on the foot movement & the drag across the ball - to progress add a static defender who then becomes active once success is gained, then add GK - directed hits then free choice
- Wk 7/8 - Conditioned Game - focus on hitting from the top of "D" - goals only scored via hit or deflection - remove condition focus on selection of hit
- Wk 9/10 - Reverse Stick Hit - technique focus with static hits from knees, one knee & standing - WKJ/2 practices with partner - conditioned game with reward Slap/Push = 1 goal, Hit/Clip = 2 goals & Reverse Hit = 3 goals
- Weights & Fitness - interval circuit focused on power - Lat Raises, Squats, Forward Raises, Skipping, RT Band & Ice Skaters - this is more focused to overall performance & some specifics of power in the hit - requires more detail
- Measurement - SMART target - 80% of hits on target & assess choice of appropriate hit in game situations - record number of goals from hits.

**Evaluative Comments**

- Warm Up & Cool Down stages & benefits - Meso/Microcycles - Muscle Fibers - Energy Balance (Carbo / Protein) - Linear / Angular Motion - Oxygen Debt - Interval Training tactíc threshold - Muscles - Movement Terms

**Psychological Factors Affecting Performance**

- SMART Goals - Whole/Massed Practice
- Thondike's Law of Exercise - Social Learning Role
- Conditioning - Drive Theory - Positive Transfer

**Socio-Cultural Issues in Physical Activity & Sport**

- Golden Triangle - Women's Olympic Gold, Media, Sport England/UKSport - Performance Pyramid - House System Dr T Arnold & Social Control

**Score**

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