

## ATHLETIC ACTIVITIES

### Track Cycling

Unit 2564 (AS)

**Governing Body:** British Cycling Federation  
National Cycling Centre, Stuart Street, Manchester, M11 4DQ

### ASSESSMENT

The candidate is assessed performing two acquired and developed skills, these being selected from two of the following event areas: track sprint, pursuit, time trial.

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- Track sprint
  - Start position
  - Posture
  - Position on track
  - Leg action
  - Overall efficiency
  
- Pursuit
  - Posture
  - Pacing
  - Leg action
  - Tactics
  - Overall Efficiency
  
- Time Trial
  - Posture
  - Pacing
  - Leg action
  - Overall Efficiency

These assessment phases are used in conjunction with the following criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

### Conditioned Competitive Situation

Sprint Start  
Bend Cycling  
Sprint Techniques  
Sprint finish

1 Lap to focus on bend technique  
1 Lap to focus on finish technique

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the conditioned competitive situations have become more consistent and progress has allowed some in learning and understanding.
0 –6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

### STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Track Cycling. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Track Cycling to those in other activities, so that consistency in assessment may be established.

## ATHLETIC ACTIVITIES

### Track Cycling

Unit 2567 (A2)

#### ASSESSMENT

The candidate is assessed performing **one** acquired and developed skill, this being selected from the following event areas: Track Sprint, Pursuit, Time Trial. **The candidate's assessed event should be identified clearly on the Assessment Sheet.** There are two parts to the assessment.

(a) Assessment is based on performance in a formal competitive situation where the candidate performs the acquired and developed skill under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- Track Sprint

- Start position
- Posture
- Leg action
- Position on track
- Overall efficiency

- Pursuit

- Posture
- Pacing
- Leg action
- Tactics
- Overall efficiency

- Time Trial

- Posture
- Pacing
- Leg action
- Overall efficiency

These assessment phases are used in conjunction with the assessment criteria.

(b) Assessment is based on the performance as measured against the performance assessment tables (see Appendix A).

The event is marked out of a total of 90 raw marks, calculated as follows:

Critical assessment mark (out of 30) + performance assessment mark (out of 60) = mark for event.

The total mark for Athletic Activities is then calculated as follows:

MARK FOR EVENT  
3 = TOTAL MARK FOR ATHLETICS

**APPENDIX A**

**PERFORMANCE ASSESSMENT TABLES – TRACK CYCLING – FEMALE CANDIDATES**

<b>POINTS</b>	<b>200 metre Sprint (seconds)</b>	<b>500 metre Sprint (seconds)</b>	<b>2000 metre Pursuit (minutes / seconds)</b>
60	13.70	41.50	2.45.50
59	13.75	41.60	2.46.00
58	13.80	41.70	2.46.50
57	13.85	41.80	2.47.00
56	13.90	41.90	2.47.50
55	13.95	42.00	2.48.00
54	14.00	42.10	2.48.50
53	14.05	42.20	2.49.00
52	14.10	42.30	2.49.50
51	14.15	42.40	2.50.00
50	14.20	42.50	2.50.50
49	14.25	42.60	2.51.00
48	14.30	42.70	2.51.50
47	14.35	42.80	2.52.00
46	14.40	42.90	2.52.50
45	14.45	43.00	2.53.00
44	14.50	43.10	2.53.50
43	14.55	43.20	2.54.00
42	14.60	43.30	2.54.50
41	14.65	43.40	2.55.00
40	14.70	43.50	2.55.50
39	14.75	43.60	2.56.00
38	14.80	43.70	2.56.50
37	14.85	43.80	2.57.00
36	14.90	43.90	2.57.50
35	14.95	44.00	2.58.00
34	15.00	44.10	2.58.50
33	15.05	44.20	2.59.00
32	15.10	44.30	2.59.50
31	15.15	44.40	3.00.00
30	15.20	44.50	3.00.50
29	15.25	44.60	3.01.00
28	15.30	44.70	3.01.50
27	15.35	44.80	3.02.00
26	15.40	44.90	3.02.50
25	15.45	45.00	3.03.00
24	15.50	45.10	3.03.50
23	15.55	45.20	3.04.00
22	15.60	45.30	3.04.50
21	15.65	45.40	3.05.00
20	15.70	45.60	3.05.50
19	15.75	45.70	3.06.00
18	15.80	45.80	3.06.50
17	15.85	45.90	3.07.00
16	15.90	46.00	3.07.50
15	15.95	46.10	3.08.00
14	16.00	46.20	3.08.50
13	16.05	46.30	3.09.00
12	16.10	46.40	3.09.50
11	16.15	46.50	3.10.00
10	16.20	46.60	3.10.50
9	16.25	46.70	3.11.00
8	16.30	46.80	3.11.50
7	16.35	46.90	3.12.00
6	16.40	47.00	3.12.50
5	16.45	47.10	3.13.00
4	16.50	47.20	3.13.50
3	16.55	47.30	3.14.00
2	16.60	47.40	3.14.50
1	16.65	47.50	3.15.00

## PERFORMANCE ASSESSMENT TABLES – TRACK CYCLING – MALE CANDIDATES

POINTS	200 metre Sprint (seconds)	3 kilometre Pursuit (minutes / seconds)	1 kilometre Time Trial (minutes / seconds)
60	12.00	3.45.00	1.10.00
59	12.02	3.45.50	1.10.10
58	12.04	3.46.00	1.10.20
57	12.06	3.46.50	1.10.30
56	12.08	3.47.00	1.10.40
55	12.10	3.47.50	1.10.50
54	12.12	3.48.00	1.10.60
53	12.14	3.48.50	1.10.70
52	12.16	3.49.00	1.10.80
51	12.18	3.49.50	1.10.90
50	12.20	3.50.00	1.11.00
49	12.22	3.50.50	1.11.10
48	12.24	3.51.00	1.11.20
47	12.26	3.51.50	1.11.30
46	12.28	3.52.00	1.11.40
45	12.30	3.52.50	1.11.50
44	12.32	3.53.00	1.11.60
43	12.34	3.53.50	1.11.70
42	12.36	3.54.00	1.11.80
41	12.38	3.54.50	1.11.90
40	12.40	3.55.00	1.12.00
39	12.42	3.55.50	1.12.10
38	12.44	3.56.00	1.12.20
37	12.46	3.56.50	1.12.30
36	12.48	3.57.00	1.12.40
35	12.50	3.57.50	1.12.50
34	12.52	3.58.00	1.12.60
33	12.54	3.58.50	1.12.70
32	12.56	3.59.00	1.12.80
31	12.58	3.59.50	1.12.90
30	12.60	4.00.00	1.13.00
29	12.62	4.00.50	1.13.10
28	12.64	4.01.00	1.13.20
27	12.66	4.01.50	1.13.30
26	12.68	4.02.00	1.13.40
25	12.70	4.02.50	1.13.50
24	12.72	4.03.00	1.13.60
23	12.74	4.03.50	1.13.70
22	12.76	4.04.00	1.13.80
21	12.78	4.04.50	1.13.90
20	12.80	4.05.00	1.14.00
19	13.00	4.05.50	1.14.10
18	13.02	4.06.00	1.14.20
17	13.04	4.06.50	1.14.30
16	13.06	4.07.00	1.14.40
15	13.08	4.07.50	1.14.50
14	13.10	4.08.00	1.14.60
13	13.12	4.08.50	1.14.70
12	13.14	4.09.00	1.14.80
11	13.16	4.09.50	1.14.90
10	13.18	4.10.00	1.15.00
9	13.20	4.10.50	1.15.10
8	13.22	4.11.00	1.15.20
7	13.24	4.11.50	1.15.30
6	13.26	4.12.00	1.15.40
5	13.28	4.12.50	1.15.50
4	13.30	4.13.00	1.15.60
3	13.32	4.13.50	1.15.70
2	13.34	4.14.00	1.15.80
1	13.36	4.14.50	1.15.90

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation <b>may</b> be an indicator of attainment of this high standard but assessment criteria <b>must</b> still be met.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with little flair. Representing the school/college but not at first team level <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate is occasionally in a team.

### STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Track Cycling. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Track Cycling to those in other activities, so that consistency in assessment may be established.