

**A Level GCE Physical Education: Unit G454
 Support Material**

Performance Assessment Tables

PERFORMANCE ASSESSMENT TABLES: TRIATHALON

Based on: Swim 400 metres; Cycle 20 kilometres; Run 5 kilometres

MARK	MALE CANDIDATES (hours and minutes)	FEMALE CANDIDATES (hours and minutes)
40	1.00	1.15
39	1.02	1.17
38	1.04	1.19
37	1.06	1.21
36	1.08	1.23
35	1.10	1.25
34	1.12	1.27
33	1.14	1.29
32	1.16	1.31
31	1.18	1.33
30	1.20	1.35
29	1.21	1.36
28	1.22	1.37
27	1.23	1.38
26	1.24	1.39
25	1.25	1.40
24	1.26	1.41
23	1.27	1.42
22	1.28	1.43
21	1.29	1.44
20	1.30	1.45
19	1.31	1.46
18	1.32	1.47
17	1.33	1.48
16	1.34	1.49
15	1.35	1.50
14	1.36	1.51
13	1.37	1.52
12	1.38	1.53
11	1.39	1.54
10	1.40	1.55
9	1.42	1.58
8	1.44	2.01
7	1.46	2.04
6	1.48	2.07
5	1.50	2.10
4	1.52m30secs	2.13
3	1.55	2.16
2	1.57m30secs	2.19
1	2.00	2.22

PERFORMANCE ASSESSMENT TABLES: TRACK CYCLING – MALE CANDIDATES

MARK	200 metre sprint (seconds)	3 kilometre pursuit (minutes/seconds)	1 kilometre time trial (minutes/seconds)
40	12.00	3.45.00	1.10.00
39	12.02	3.45.50	1.10.10
38	12.04	3.46.00	1.10.20
37	12.06	3.46.50	1.10.30
36	12.08	3.47.00	1.10.40
35	12.10	3.47.50	1.10.50
34	12.12	3.48.00	1.10.60
33	12.14	3.48.50	1.10.70
32	12.16	3.49.00	1.10.80
31	12.18	3.49.50	1.10.90
30	12.20	3.50.00	1.11.00
29	12.22	3.50.50	1.11.10
28	12.24	3.51.00	1.11.20
27	12.26	3.51.50	1.11.30
26	12.28	3.52.00	1.11.40
25	12.30	3.52.50	1.11.50
24	12.32	3.53.00	1.11.60
23	12.34	3.53.50	1.11.70
22	12.36	3.54.00	1.11.80
21	12.38	3.54.50	1.11.90
20	12.40	3.55.00	1.12.00
19	12.42	3.55.50	1.12.10
18	12.44	3.56.00	1.12.20
17	12.46	3.56.50	1.12.30
16	12.48	3.57.00	1.12.40
15	12.50	3.57.50	1.12.50
14	12.52	3.58.00	1.12.60
13	12.54	3.58.50	1.12.70
12	12.56	3.59.00	1.12.80
11	12.58	3.59.50	1.12.90
10	12.60	4.00.00	1.13.00
9	12.62	4.00.50	1.13.10
8	12.64	4.01.00	1.13.20
7	12.66	4.01.50	1.13.30
6	12.68	4.02.00	1.13.40
5	12.70	4.02.50	1.13.50
4	12.72	4.03.00	1.13.60
3	12.74	4.03.50	1.13.70
2	12.76	4.04.00	1.13.80
1	12.78	4.04.50	1.13.90

PERFORMANCE ASSESSMENT TABLES: TRACK CYCLING – FEMALE CANDIDATES

MARK	200 metre sprint (seconds)	500 metre sprint (seconds)	2 kilometre pursuit (minutes/seconds)
40	13.70	41.50	2.45.50
39	13.75	41.60	2.46.00
38	13.80	41.70	2.46.50
37	13.85	41.80	2.47.00
36	13.90	41.90	2.47.50
35	13.95	42.00	2.48.00
34	14.00	42.10	2.48.50
33	14.05	42.20	2.49.00
32	14.10	42.30	2.49.50
31	14.15	42.40	2.50.00
30	14.20	42.50	2.50.50
29	14.25	42.60	2.51.00
28	14.30	42.70	2.51.50
27	14.35	42.80	2.52.00
26	14.40	42.90	2.52.50
25	14.45	43.00	2.53.00
24	14.50	43.10	2.53.50
23	14.55	43.20	2.54.00
22	14.60	43.30	2.54.50
21	14.65	43.40	2.55.00
20	14.70	43.50	2.55.50
19	14.75	43.60	2.56.00
18	14.80	43.70	2.56.50
17	14.85	43.80	2.57.00
16	14.90	43.90	2.57.50
15	14.95	44.00	2.58.00
14	15.00	44.10	2.58.50
13	15.05	44.20	2.59.00
12	15.10	44.30	2.59.50
11	15.15	44.40	3.00.00
10	15.20	44.50	3.00.50
9	15.25	44.60	3.01.00
8	15.30	44.70	3.01.50
7	15.35	44.80	3.02.00
6	15.40	44.90	3.02.50
5	15.45	45.00	3.03.00
4	15.50	45.20	3.04.00
3	15.55	45.40	3.05.00
2	15.60	45.60	3.06.00
1	15.65	45.80	3.07.00

PERFORMANCE ASSESSMENT TABLES: ARCHERY

Targets will have 122cm faces with five zone scoring in all Round types.
All scores based upon 6 dozen, 4 dozen, 2 dozen arrows.

MARK	York Round MALES		Hereford Round FEMALES		Bristol 1 FEMALES	
	Recurve	Compound	Recurve	Compound	Recurve	Compound
40	955	1100	955	1100	955	1100
39	930	1075	930	1075	930	1075
38	905	1050	905	1050	905	1050
37	880	1025	880	1025	880	1025
36	855	1000	855	1000	855	1000
35	830	975	830	975	830	975
34	805	950	805	950	805	950
33	780	925	780	925	780	925
32	755	900	755	900	755	900
31	730	875	730	875	730	875
30	705	850	705	850	705	850
29	680	825	680	825	680	825
28	655	800	655	800	655	800
27	630	775	630	775	630	775
26	605	750	605	750	605	750
25	580	725	580	725	580	725
24	555	700	555	700	555	700
23	530	675	530	675	530	675
22	505	650	505	650	505	650
21	480	625	480	625	480	625
20	455	600	455	600	455	600
19	430	575	430	575	430	575
18	405	550	405	550	405	550
17	380	525	380	525	380	525
16	355	500	355	500	355	500
15	330	475	330	475	330	475
14	305	450	305	450	305	450
13	280	425	280	425	280	425
12	255	400	255	400	255	400
11	230	375	230	375	230	375
10	205	350	205	350	205	350
9	180	325	180	325	180	325
8	155	300	155	300	155	300
7	130	275	130	275	130	275
6	105	250	105	250	105	250
5	100	225	100	225	100	225
4	95	220	95	220	95	220
3	90	215	90	215	90	215
2	85	210	85	210	85	210
1	80	205	80	205	80	205

PERFORMANCE ASSESSMENT TABLES: OLYMPIC WEIGHTLIFTING – FEMALE CANDIDATES

Combined lifting table for snatch and clean & jerk scores

CLASS	48KG	53KG	58KG	63KG	69KG	75KG	75+KG
MARK							
40	60	72.60	75	78.20	84.60	90	95.60
39	59	71.40	73.75	76.90	83.20	88.50	94
38	58	70.20	72.50	75.60	81.20	87	92.40
37	57	69	71.25	74.30	79.80	85.50	90.80
36	56	67.80	70	73	78.40	84	89.20
35	55	66.60	68.75	71.70	77	82.50	87.60
34	54	65.40	67.50	70.40	75.60	81	86
33	53	64.20	66.25	69.10	74.20	79.50	84.40
32	52	63	65	67.80	72.80	78	82.80
31	51	61.80	63.75	66.50	71.40	76.50	81.20
30	50	60.60	62.50	65.20	70	75	79.60
29	49	59.40	61.25	63.90	68.60	73.50	78
28	48	58.20	60	62.60	67.20	72	76.40
27	47	57	58.75	61.30	65.80	70.50	74.80
26	46	55.80	57.50	60	64.40	69	73.20
25	45	54.60	56.25	58.70	63	67.50	71.60
24	44	53.40	55	57.40	61.60	66	70
23	43	52.20	53.75	56.10	60.20	64.50	68.40
22	42	51	52.50	54.80	58.80	63	66.80
21	41	49.80	51.25	53.50	57.40	61.50	65.20
20	40	48.60	50	52.20	56	60	63.60
19	39	47.40	48.75	50.90	54.60	58.50	62
18	38	46.20	47.50	49.60	53.20	57	60.40
17	37	45	46.25	48.30	51.80	55.50	58.80
16	36	43.80	45	47	50.40	54	57.20
15	35	42.60	43.75	45.70	49	52.50	55.60
14	34	41.40	42.50	44.40	47.60	51	54
13	33	40.20	41.25	43.10	46.20	49.50	52.40
12	32	39	40	41.80	44.80	48	50.80
11	31	37.80	38.75	40.50	43.40	46.50	49.20
10	30	36	37.50	39.20	42	45	47.60
9	29	34.80	36.25	37.90	40.60	43.50	46
8	28	33.60	35	36.60	39.20	42	44.40
7	27	32.40	33.75	35.30	37.80	40.50	42.80
6	26	31.20	32.50	34	36.40	39	41.20
5	25	30	31.25	32.70	35	37.50	39.60
4	20	25	30	30	32.50	36	38
3	15	20	25	27.50	30	34	36
2	10	15	20	25	27.50	32	34
1	5	10	15	22.50	25	30	32

PERFORMANCE ASSESSMENT TABLES: OLYMPIC WEIGHTLIFTING – MALE
CANDIDATES

Combined lifting table for snatch and clean & jerk scores

CLASS	56KG	62KG	69KG	77KG	85KG	94KG	94+KG	105KG	105+KG
MARK									
40	122	145	150	165	179	195	241.50	224.50	240
39	120	142.50	147.50	162.50	176	191.75	238	220.75	236
38	118	140.50	145	159.50	173	188.50	234.50	217	232
37	116	138.25	142.50	156.75	170	185.25	231	213.25	228
36	114	136	140	154	167	182	220	209.50	224
35	112	133.75	137.50	151.25	164	178.25	210	205.75	220
34	110	131.50	135	148.50	161	175.50	196	202	216
33	108	129.50	132.50	145.75	158	172.25	192.50	198.25	212
32	106	127	130	143	155	169	189	194.50	208
31	104	124.75	127.50	140.25	152	165.75	185.50	190.75	204
30	102	122.50	125	137.50	149	162.50	182	187	200
29	100	120.25	122.50	134.50	146	159.25	178.50	183.25	196
28	98	118	120	132	143	156	175	179.50	192
27	96	115.75	117.50	129.50	140	152.75	171.50	175.75	188
26	94	113.50	115	126.50	137	149.50	168	172	184
25	92	111.25	112.50	123.75	134	146.25	164.50	168.25	180
24	90	109	110	121	131	143	161	164.50	176
23	88	106.75	107.50	118.25	128	139.75	156	160.75	172
22	86	104.50	105	115.50	125	136.50	151	157	168
21	84	102.25	102.50	112.75	122	133.25	146	153.25	164
20	82	100	100	110	119	130	140	149.50	160
19	80	97.50	97.50	107.25	116	126.75	136.50	145.75	156
18	78	89.50	95	104.50	113	123.50	133	142	152
17	76	87.25	92.50	101.75	110	120.25	129.50	138.25	148
16	74	85	90	99	107	117	126	134.50	144
15	72	82.75	87.50	96.25	104	113.75	122.50	130.75	140
14	70	80.50	85	93.50	101	110.50	119	127	136
13	68	78.25	82.50	90.75	98	107.25	115.50	123.50	132
12	66	76	80	88	95	104	112	119.50	128
11	64	73	77.50	85.25	92	100.75	108.50	115.75	124
10	62	70	75	82.50	89	97.50	105	112	120
9	60	67	72.50	80	86	94.25	100	108.25	116
8	58	64	70	77.50	83	91	95	104.50	112
7	56	61	67.50	75	80	87.75	90	100.75	108
6	54	58	65	72.50	77	84.50	85	97	104
5	52	55	62.50	70	74	80	80.50	93.75	100
4	50	52	60	65	70	75	75	90	90
3	45	49	55	60	65	70	70	80	80
2	40	45	50	55	60	65	65	70	70
1	35	40	45	50	55	60	60	60	60

PERFORMANCE ASSESSMENT TABLES: WATER SKIING – FOR USE IN G452 & G454

Code	Rotation	Description	Points
S		Side Slide	40
		Reverse	40
B	180	F-B	60
		Reverse	60
F		B-F	60
		Reverse	60
0	360	F-F	90
		Reverse	90
B		Wrap (not reverse)	
BB	360	B-B	90
		Reverse	90
WB	180	F-B (Full Back)	80
		Reverse	80
WB		Easy Wrap	
WF		B-F	80
		Reverse	80
WB		Reverse Wrap	
WO	360	F-F	150
		Reverse	150
		B-B (Wrap to Full Back)	150
WBB	360	Wrap to Wrap	
BB		Reverse Wrap to Wrap	150
W5F	540	B-F	310
LB	180	F-B Stepper	110
LF		B-F Stepper	110
TS	90	Toehold side slide	130
		Reverse	130
TB	180	F-B Toehold	100
		Reverse	100
TF		B-F Toehold	100
		Reverse	100
TWB	180	F-B Toehold	150
TWF		B-F Toehold	150
WLB	180	F-B Stepper	160
WLF		B-F Stepper	160
W5B	540	F-B	310
W5F		B-F Reverse	310
WLO	360	F-F Stepper	260
WL5F	540	B-F Stepper	420
T5B	540	F-B Toehold	350
TBB	360	B-B Toehold	200
		Reverse	200
TO	360	F-F Toehold	200
		Reverse	200
WFLIPB		Backward Somersault	500