

## ATHLETIC ACTIVITIES

### Triathlon

Unit 2564 (AS)

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### STANDARDISATION

Candidates may be assessed in settings outside the Centre by teachers/coaches other than those within the Physical Education department of the Centre. The Head of Department will be responsible for ensuring that the assessments are standardised and accurate where more than one teacher/coach has been involved in the assessment.

### ASSESSMENT

The candidate is assessed performing the acquired and developed skills, these being the event areas: Swimming, Cycling, Running.

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 skills is measured through the movement phases identified below:

- **Swimming Phase**

- arm action
- body position
- breathing
- leg action
- overall efficiency

- **Cycling Phase**

- body position
- leg action
- head carriage
- breathing
- overall efficiency

- **Running Phase**

- posture
- leg action
- arm action
- head carriage
- overall efficiency

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

The following are given as suggestions/exemplars of conditioned competitive situations and are not seen as being prescriptive. Centres may devise their own conditioned competitive situations in accordance with the guidelines given in Section 2.5 of the Coursework Guidance booklet.

Swimming Phase: Longer distances to focus on pacing and technique.  
Shorter distances to focus on change over.

Cycling Phase: Longer distance rides focusing on pacing and techniques.  
Shorter distance rides focusing on change over.

Running Phase: Longer distance endurance runs focusing on pacing and techniques.  
Shorter distance endurance runs focusing on finishing.

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 the successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of tactics to outwit the opposition. Performances in the conditioned competitive situations have been 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 competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduced a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations have been 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 competitive pressure the level of accuracy, control and fluency is reliable. The candidate has been 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 have been 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 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 conditioned competitive situations have become more consistent and progress has allowed some 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 has been 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.

## ATHLETIC ACTIVITIES

### Triathlon

Unit 2567 (A2)

#### ASSESSMENT

The candidate is assessed performing the acquired and developed skills, these being the combination of swimming, cycling and running in order to complete a triathlon event. 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 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:
- **Swimming**  
body position  
leg action  
arm action  
head carriage  
transition
  - **Cycling**  
posture  
leg action  
head carriage  
balance  
transition
  - **Running**  
posture  
leg action  
arm action  
head carriage  
finishing

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 performance will be based on: Swim 400 metres, Cycle 20 kilometres, Run 5 kilometres.

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:

$$\frac{\text{MARK FOR TRIATHLON}}{3} = \text{TOTAL MARK FOR ATHLETICS}$$

#### STANDARDISATION

Candidates may be assessed in settings outside the Centre by teachers/coaches other than those within the Physical Education department of the Centre. The Head of Department will be responsible for ensuring that the assessments are standardised and accurate where more than one teacher/coach has been involved in the assessment.

**APPENDIX A**

**PERFORMANCE ASSESSMENT TABLES: TRIATHLON**

BASED ON: Swim 400 metres, Cycle 20 kilometres, Run 5 kilometres.

<b>POINTS</b>	<b>MALE CANDIDATES (hours &amp; minutes)</b>	<b>FEMALE CANDIDATES (hours &amp; minutes)</b>
60	1.00	1.15
59	1.02	1.17
58	1.04	1.19
57	1.06	1.21
56	1.08	1.23
55	1.10	1.25
54	1.12	1.27
53	1.14	1.29
52	1.16	1.31
51	1.18	1.33
50	1.20	1.35
49	1.21	1.36
48	1.22	1.37
47	1.23	1.38
46	1.24	1.39
45	1.25	1.40
44	1.26	1.41
43	1.27	1.42
42	1.28	1.43
41	1.29	1.44
40	1.30	1.45
39	1.31	1.46
38	1.32	1.47
37	1.33	1.48
36	1.34	1.49
35	1.35	1.50
34	1.36	1.51
33	1.37	1.52
32	1.38	1.53
31	1.39	1.54
30	1.40	1.55
29	1.41	1.57
28	1.42	1.59
27	1.43	2.01
26	1.44	2.03
25	1.45	2.05
24	1.46	2.07
23	1.47	2.09
22	1.48	2.11
21	1.49	2.13
20	1.50	2.15
19	1.52	2.17
18	1.54	2.19
17	1.56	2.21
16	1.58	2.23
15	2.00	2.25
14	2.02	2.26
13	2.04	2.27
12	2.06	2.28
11	2.08	2.29
10	2.10	2.30
9	2.12	2.31
8	2.14	2.32
7	2.16	2.33
6	2.18	2.34
5	2.20	2.35
4	2.22	2.36
3	2.24	2.37
2	2.26	2.38
1	2.28	2.39

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.