

# Physical Education

OCR Advanced Subsidiary GCE 3875 Unit 2564  
 Personal Performance Portfolio (PPP) Mark Sheet

Candidate Name		Candidate Number					Centre Number				
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**1 Application of Anatomical and Physiological Knowledge of Improve Performance (i and ii).  
 Acquiring and Performing Movement Skills (iii and iv).  
 Contemporary Studies in Physical Education (v and vi).**

Use the marksheet and the replacement pages of the Teacher Support : Coursework Guidance booklet dated November 2003 to assess candidate's portfolio. Centres must submit whole marks for each section of the PPP in the bold boxes below. When completed, the mark sheet should be included at the front of the candidate's portfolio.

		Centre to indicate if work has been covered ( ✓ )
(i)	Identification and justification of components of physical fitness: Strength, suppleness, stamina and speed.	
(ii)	Description of personal warm-up and cool down. Effect on speed and force of muscular contraction Effect on vascular system	
(iii)	Major coaching points of an essential skill	
(iv)	Progressive practices for developing the essential skill	
(v)	Information on Governing Body: name, address, phone and website regional structure coaching awards promotional/grass root schemes regional and national competitions doping control and testing	
(vi)	Assessment of their developmental placement on the performance pyramid Discussion of effects on their progress	

Enter Mark out of 6

**2 Evaluation of chosen activity – identification of strengths and weaknesses.**

		Centre to indicate if work has been covered ( ✓ )
(i)	Accurate identification of strengths and weaknesses in skills, tactics and fitness.	

Enter Mark out of 6

**3 Action Planning**

		Centre to indicate if work has been covered ( ✓ )
(i)	Clear, realistic, achievable goals	
(ii)	Timescale	
(iii)	Method of achieving goals	
(iv)	Record of implementation of action plan	
(v)	Method of evaluating action plan	
(vi)	Record of results	

Enter Mark out of 12

**4 Quality of Portfolio**

		Centre to indicate if work has been covered ( ✓ )
(i)	Review of Action plan and Analysis of results	
(ii)	Candidate's understanding and depth of knowledge	
(iii)	Originality	
(iv)	Presentation	

Enter Mark out of 6

**Portfolio Assessment Summary**

	Centre assessment marks
Application of Anatomical and Physiological Knowledge to Improve Performance	
Acquiring and Performing Movement Skills	
Contemporary Studies in Physical Education	
Evaluation	
Action Planning	
Quality of Portfolio	

Enter Total Mark out of 30

As with all Coursework teachers must verify that the work carried out for assessment is the candidate's own work.