



**2009 Physical Education**

**Intermediate 2**

**Finalised Marking Instructions**

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## **Marking Instructions 2009**

### **OUTCOME 1 – Explain performance in an activity**

Candidates should be awarded **high marks** if they give a clear and appropriate record, description or explanation of performance.

Candidates should be awarded approximately **half of the marks** available if they give an appropriate record, description or explanation of performance.

Candidates should be awarded **low marks** if they give a limited record, description or explanation of performance.

### **OUTCOME 2 – Use knowledge and understanding to analyse performance**

Candidates should be awarded **high marks** if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.

Candidates should be awarded approximately **half of the marks** available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.

Candidates should be awarded **low marks** if they show limited understanding of relevant key concept knowledge and its application when analysing and developing performance.

### **OUTCOME 3 – Monitor a programme of work**

Candidates should be awarded **high marks** if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.

Candidates should be awarded approximately **half of the marks** available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.

Candidates should be awarded **low marks** if their suggestions about programmes of work are limited and unlikely to lead to performance development.

### **OUTCOME 4 – Review the analysis and development process**

Candidates should be awarded **high marks** if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.

Candidates should be awarded approximately **half of the marks** if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.

Candidates should be awarded **low marks** if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
1.	(a)	Overall nature and demands of quality performance	1 & 2	Candidates should describe a quality performance in relation to Technical, Physical, Personal and Special Qualities.	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>5 marks available</b>
	(b)	Planning and managing personal performance improvement	2	Candidates should outline a goal from their Technical, Physical, Personal and Special Qualities.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>3 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
1. (cont)	(c)	Planning and managing personal performance improvement	2 & 3	Description of a training programme linked to the goal outlined in 1 (b).	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
1. (cont)	(d)	Mental factors influencing performance.	2 & 4	Candidates should show KU of mental factors eg control of aggression, confidence, concentration, motivation, determination and stress.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Review the analysis and development process</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded <b>high marks</b> if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded approximately <b>half of the marks</b> if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded <b>low marks</b> if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
1. (cont)	(e)	Mental factors influencing performance.	2 & 4	Candidates should show KU of the different methods eg imagery/visualisation. Relaxation, deep breathing and mental rehearsal. In golf when applying visualisation – having a picture in your mind of what trajectory the flight of the ball will take to the heart of the green etc.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Review the analysis and development process</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded <b>high marks</b> if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded approximately <b>half of the marks</b> if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded <b>low marks</b> if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
2.	(a)	Technical, physical, personal and special qualities of performance.	1 & 2	<p>Candidates could show KU on what they would expect in one of the qualities. Such as <b>Technical</b>, eg my passing has the correct weight and reaches its target.</p> <p><b>Physical</b>, eg as I was strong I was able to hold my position in the scrum.</p> <p><b>Personal</b>, eg my determination meant I did not give up when I missed an easy point and <b>Special</b> qualities, eg as I was creative I was able to link my skills into a sequence with fluent and creative movements.</p> <p>Candidates could show KU on what they would expect when one of the qualities is weak.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
2. (cont)	(b)	Technical, physical, personal and special qualities of performance.	1 & 2	Candidates could show KU on what they would expect when one of the qualities is weak.	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>



Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
2. (cont)	(c)	Planning and managing personal performance improvement.	1 & 2	Candidate should show KU relating to how they collected data eg observation schedules, video, feedback, testing, knowledge of results etc.	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
2. (cont)	(d)	Planning and managing personal performance improvement.	2 & 3	Candidates should show KU relating to how they used the information to plan a programme of work.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>
	(e)	Planning and managing personal performance improvement.	3	Candidates should explain why it is important to monitor performance.	<p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
3.	(a)	Application of different types of fitness in the development of activity specific performance.	2	Candidates should select two aspects of fitness and explain why each is important to a successful performance. Having increased levels of CRE in Basketball allowing me to continually attack and defend throughout the game. In Volleyball, agility allowed me to get down low for the dig and quickly recover to support my team mates.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>5 marks available</b>
	(b)	Planning, implementing and monitoring training.	1 & 2	Candidates must demonstrate KU of methods of collecting information eg Fitness testing, Time related observation schedule, feedback, video etc.	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>3 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
3. (cont)	(c)	Principles and methods of training.	2	Candidates should show KU on a method of training used to help develop the aspect of fitness ie CRE – description of interval training.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>
	(d)	Principles and methods of training.	2 & 3	<p>Candidate should show KU of methods of training and how it can improve fitness and whole performance.</p> <p>Eg how this method of training helped to improve whole performance.</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
3. (cont)	(e)	Planning, implementing and monitoring training.	3	Explanation should relate to the importance of monitoring a training programme.	<p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
4.	(a)	<p>Application of different types of fitness in the development of activity specific performance.</p> <p>Physical, skill related and mental types of fitness.</p>	1 & 2	<p><b>Physical</b> – having high levels of CRE in Basketball allowing me to continually attack and defend throughout the game.</p> <p><b>Skill related</b> – in Volleyball, agility allowed me to get down low for the dig and quickly recover to support my team mates.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>5 marks available</b>
	(b)	<p>Application of different types of fitness in the development of activity specific performance.</p> <p>Physical, skill related and mental types of fitness.</p>	2	<p>Eg <b>Mental fitness</b> – performer cannot control emotions and therefore does not make the right decisions under pressure.</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>3 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
4. (cont)	(c)	Planning, implementing and monitoring training.	3	Candidate should describe training programme relevant to aspect of fitness.	<p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>
	(d)	Principles and methods of training.	2 & 3	Candidates should show KU of the principles of training eg Frequency, duration, intensity, Specificity,	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
4. (cont)	(e)	Application of different types of fitness in the development of activity specific performance.	4	Candidates should show KU related to development needs eg more stamina would allow me to perform well for the whole ninety minutes in football.	<p><b>Review the analysis and development process</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded <b>high marks</b> if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded approximately <b>half of the marks</b> if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded <b>low marks</b> if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> </ul>	<b>4 marks available</b>



Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
5.	(a)	Skill/technique improvement through mechanical analysis or movement analysis or consideration of quality.	1 & 2	<p>Description of appropriate method for collecting data on whole performance such as General observation schedule.</p> <p>A diagram will often feature to support answer.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
5. (cont)	(b)	Skill/technique improvement through mechanical analysis or movement analysis or consideration of quality.	1 & 2	<p>Description of appropriate method for collecting data on specific skill. Focussed Observation schedule, PAR sheet.</p> <p>A diagram will often feature to support answer.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>3 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
5. (cont)	(c)	Skill/technique improvement through mechanical analysis or movement analysis or consideration of quality.	1 & 2	Candidates must relate to parts a and b. Knowledge of why appropriate – valid, easy to interpret performance level taken into account.	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
5. (cont)	(d)	The development of skill and refinement of technique.	2 & 3	Detailed programme of work relevant to performance/ development needs. Specific practices used must show progression.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>5 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
5. (cont)	(e)	The development of skill and refinement of technique.	4	<p>Candidates should show KU of how improvement programme has helped develop your skills and techniques.</p> <ul style="list-style-type: none"> <li>• Fewer errors</li> <li>• More points won</li> <li>• More consistency</li> <li>• Specific skill improvements</li> <li>• Confidence</li> </ul>	<p><b>Review the analysis and development process</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded <b>high marks</b> if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded approximately <b>half of the marks</b> if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded <b>low marks</b> if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
6.	(a)	The concept of skill and skilled performance.	1	Candidates require a full description of strengths and weaknesses within the game. Specific skills. Movement, tactical awareness, ability to make decisions.	<b>Explain performance in an activity</b> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul>	<b>4 marks available</b>
	(b)	The development of skill and refinement of technique.	2	A skill must be selected which was described as a weakness in part a. Relevant methods of practice must be described and linked with skill.	<b>Use knowledge and understanding to analyse performance</b> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
6. (cont)	(c)	The development of skill and refinement of technique.	2 & 4	<p>Candidates should show KU of how improvement programme/specifically practices have helped to develop your whole performance.</p> <ul style="list-style-type: none"> <li>• Fewer errors</li> <li>• More points won</li> <li>• More consistency</li> <li>• Specific skill improvements</li> <li>• confidence</li> </ul> <p>Eg shadowing helped me to break down and learn the sub routines within the lay-up. Opposed practice helped me to become more confident in a game.</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Review the analysis and development process</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded <b>high marks</b> if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded approximately <b>half of the marks</b> if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded <b>low marks</b> if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
6. (cont)	(d)	The development of skill and refinement of technique.	2 & 3	Candidate must show knowledge of principles of effective, clear objectives. Achievable progressive stages, effects of boredom and fatigue. Must relate to how they were used to develop skill/techniques.	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>



Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
6. (cont)	(e)	The development of skill and refinement of technique.	2 & 3	<p>Motivation</p> <ul style="list-style-type: none"> <li>• Internal and/or external motivation.</li> <li>• Being determined to respond to challenges.</li> <li>• Can channel their thoughts to consistently trying to improve</li> <li>• Being motivated to win</li> </ul> <p>Concentration</p> <ul style="list-style-type: none"> <li>• To make sure bad habits are not learnt.</li> <li>• Being able to concentrate on demonstrations and feedback given.</li> <li>• In games player being able to stick to their role and read situations/ make decisions.</li> </ul> <p>Feedback</p> <ul style="list-style-type: none"> <li>• Should be positive, immediate.</li> <li>• Internal/external feedback.</li> <li>• Types of feedback given (visual/verbal/written)</li> </ul> <p>All should be related to the development of the skill or technique in your performance.</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
7.	(a)	Identification of strengths and weaknesses in performance in terms of roles and relationships; formations; tactical and design element; choreography and composition.	1 & 2	<p>Candidates should describe a structure strategy or composition they have used.</p> <p>Eg Football 4 4 2 Basketball Man to Man Zone fast Break Dance Specific performance using choreography terms such as Rondo</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
7. (cont)	(b)	Identification of strengths and weaknesses in performance.	1 & 2	Candidates should show KU of how they collected information on their structure, strategy or composition eg Video, Observation Schedule, Coach Feedback, Reflection of Performance.	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
7. (cont)	(c)	Information processing, problem-solving and decision-making when working to development and improve performance.	1 & 2	<p>Candidates should detail the problems they had and describe how the weaknesses/problems effected the SCC.</p> <p>Eg Our forward was poor at using the width of the court, which resulted in the middle lane being overcrowded.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
7. (cont)	(d)	Information processing, problem solving and decision making when working to develop and improve performance.	2 & 3	<p>Candidates should suggest ways to reduce the effect of the main weaknesses. Suggestions must be linked to the weaknesses, for example altering the structure, strategy or composition.</p> <p>This may involve the whole team or individuals eg in order to try to use the width of the court within our Fast Break, we set up a series of practices which concentrated on using width (+ description of practices).</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
7. (cont)	(e)	Information processing, problem-solving and decision-making when working to develop and improve performance.	2	<p>Candidates have to show knowledge and Understanding of how decision making affects the structure strategy composition.</p> <p>Eg Decision regarding players specific roles, positioning, opposition, strengths and weaknesses.</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
8.	(a)	Identification of strengths and weaknesses in performance.	1 & 2	<p>Candidates must describe the role they played or the performance they gave within the SSC.</p> <p>Eg Specialist setter in volleyball team – then explanation of what the responsibility of that player was within the teams performance/compositions.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
8. (cont)	(b)	Identification of strengths and weaknesses in performance in terms of roles and relationships formations tactical or design elements choreography and composition.	1 & 2	<p>Candidates should describe in detail a weakness they had within their role during performance.</p> <p>Eg I was the WA in netball and found it difficult to make quick passes to the GS/GA.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>



Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
8. (cont)	(c)	Identification of strengths and weaknesses in performance in terms of roles and relationships formations tactical or design elements choreography and composition.	1 & 2	<p>Candidates must explain clearly how this weakness affected the whole performance and how it effected the chosen SCC.</p> <p>Eg As a forward in hockey I was poor at using the width of the pitch which resulted in the middle lane being overcrowded.</p>	<p><b>Explain performance in an activity</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give a clear and appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate record, description or explanation of performance.</li> <li>• Candidates should be awarded low marks if they give a limited record, description or explanation of performance.</li> </ul> <p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
8. (cont)	(d)	Information processing, problem-solving and decision-making when working to develop and improve performance.	2 & 3	<p>Candidates should show clear link between weaknesses in role and action taken.</p> <p>Eg In netball. We set up speed drill passes between WA/C and GS/GA around the circle without defenders to encourage good passing and build confidence. We gradually added defenders and made more competitive.</p>	<p><b>Use knowledge and understanding to analyse performance</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they have a clear and appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded approximately half of the marks available if they give an appropriate understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> <li>• Candidates should be awarded low marks if they show a limited understanding of relevant key concept knowledge and its application when analysing and developing performance.</li> </ul> <p><b>Monitor a programme of work</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded high marks if they give clear and appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded approximately half of the marks available if they give appropriate suggestions about programmes of work that are likely to lead to performance development.</li> <li>• Candidates should be awarded low marks if their suggestions about programmes of work are limited and unlikely to lead to performance development.</li> </ul>	<b>4 marks available</b>

Question	Part	Key concept knowledge	Outcome	Possible Responses	Marking criteria	Marks
8. (cont)	(e)	Information processing, problem-solving and decision-making when working to develop and improve performance.	4	<p>Candidates should explain how they evaluated the course of action with specific emphasis on the role.</p> <p>Eg Video evidence compared to initial data allow players to reflect on changes/improvements to performance Observation schedules/coaches feedback.</p>	<p><b>Review the analysis and development process</b></p> <ul style="list-style-type: none"> <li>• Candidates should be awarded <b>high marks</b> if the review contains a clear and appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded approximately <b>half of the marks</b> if the review contains an appropriate description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> <li>• Candidates should be awarded <b>low marks</b> if the review contains a limited description of the effectiveness of the analysis and development work undertaken and its effects on performance.</li> </ul>	<b>4 marks available</b>

[END OF MARKING INSTRUCTIONS]