

## Performance Development Programme: player/performer and coach Planning

Level	Marks	Description
	0	No rewardable material.
1	1–2	<ul style="list-style-type: none"> <li>• A component of performance is identified based on the outcomes of the Performance Analysis.</li> <li>• Analysis and justification of SMART(ER) targets as appropriate to the student is incomplete.</li> <li>• Principles and methods of training are applied and used inaccurately.</li> <li>• Selection of test(s) to monitor progress demonstrates a basic level of understanding.</li> </ul>
2	3–4	<ul style="list-style-type: none"> <li>• A component of performance is identified based on the outcomes of the Performance Analysis.</li> <li>• Analysis and justification of SMART(ER) targets as appropriate to the student has some accuracy but is inconsistent and lacks detail.</li> <li>• Principles and methods of training are applied and used with some accuracy but with inconsistencies.</li> <li>• Selection of test(s) to monitor progress demonstrates limited level of understanding.</li> </ul>
3	5–6	<ul style="list-style-type: none"> <li>• An appropriate component of performance is correctly identified based on the outcomes of the Performance Analysis.</li> <li>• Accurate analysis and justification of SMART(ER) targets as appropriate to the student, but with inconsistencies.</li> <li>• Principles and methods of training are applied and used accurately but with inconsistencies.</li> <li>• Selection of appropriate test(s) to monitor progress demonstrates a good level of understanding.</li> </ul>
4	7–8	<ul style="list-style-type: none"> <li>• An appropriate component of performance is correctly identified based on the outcomes of the Performance Analysis.</li> <li>• Accurate analysis and justification of SMART(ER) targets as appropriate to the student.</li> <li>• Correct application and accurate use of the principles and methods of training.</li> <li>• Accurate selection of appropriate test(s) to monitor progress demonstrates a very good level of understanding.</li> </ul>
5	9–10	<ul style="list-style-type: none"> <li>• An appropriate component of performance is correctly identified based on the outcomes of the Performance Analysis.</li> <li>• Accurate and highly structured analysis and justification of SMART(ER) targets as appropriate to the student.</li> <li>• Detailed application and consistently accurate use of the principles and methods of training.</li> <li>• Accurate and effective selection of appropriate test(s) to monitor progress demonstrates high level of understanding.</li> </ul>