

GCSE PE 1PE0/04 – Football PEP Commentary

Strand 1: Interpretation and Analysis of pre-PEP fitness tests and sporting/activity performance.

The candidate gives a brief introduction to their sporting activity. They offer three fitness tests in a table and compare them to normative data. One weakness is identified and there is an attempt to link it to football. No sporting performance data has been presented.

Level 1: Limited or little interpretation of fitness test results using some data.

Strand 2: Evaluation and justification for method(s) of training, SMART targets and principles of training.

Muscular endurance has been selected; there is no aim. One SMART target is mentioned, and they briefly state why this is SMART. The candidate has not included the chosen method of training or if they will apply the principles of training.

Level 1: Limited evaluation (mainly descriptive) resulting in inappropriate selection of training method(s) and little application of SMART targets and principles of training to meet performance goal(s).

Strand 3: Fitness test results are compared and interpreted.

Pre, mid and post-PEP data are presented in a table. It is difficult to determine what the candidate has done across their six weeks of training. The required PARQ has not been included.

Level 1: Limited comparison, interpretation and/or analysis of differences and/or similarities between fitness test results and little/no supporting evidence used, with many significant errors of judgement/inaccuracies.

Strand 4: Evaluation of the application of the method(s) of training, SMART targets and principles of training with justified future recommendations.

The candidate attempts to mention activities undertaken in their training. They then go on to try and say why their target was SMART. The evaluation does not offer any inference as to whether they are a better performer. There are no recommendations.

Level 1: Limited evaluation of the application of the method(s) of training, SMART goals and principles of training, and no recommendation for improving future training and performance.

Strand 5: Coherence and structure, use of appropriate terminology.

There is a limited attempt at a structure, and the PEP lacks coherence.

Level 1: Lack of coherence and structure, with inappropriate and inaccurate terminology throughout.