



## **GCSE PE Coursework marking training – Module 3: Understanding the marks given for each exemplar - Component 3 – the Practical Performance**

### **Exemplar 1 - Activity: Amateur Boxing**

Skills in Isolation

1 candidate performing

#### **General Comments:**

The amateur boxing criteria states that:

‘Students must adhere to the Amateur Boxing/England Boxing guidelines, e.g. in relation to the use of headguards, and be supervised by someone with specialist experience in this area. (Punches/defences using hooks/uppercuts can be assessed)

Candidates will be assessed on the quality demonstrated of their stance (orthodox or southpaw) and guard, footwork, attack and defence in isolated/unopposed practice e.g. working on the bag or speedball.

Skills/techniques:

- stance and guard
- footwork

Attack:

- using straight punches, with either hand, to the target area
- against straight punches to the body target

Defences:

- against straight punches to the head target

#### **Skills in Isolation:**

The candidate is initially observed demonstrating the stance, guard, footwork, attack and defence and use of punching combinations using the bag. This is followed by him demonstrating similar skills against the pads. The latter allows the candidate to demonstrate a more extensive range of skills and manoeuvres in a more realistic and competitive situation, although it is obvious that the candidate is totally focused and in control when punching and moving when using the bag.

The candidate is able to perform with a very good level of control, precision, technical accuracy and fluency when moving around the punch bag and against the pads. His stance is technically correct with his bodyweight correctly distributed on the balls of his feet, with a slight lean forward to give an advantage in attack as well as defence; the gloves are closed but not clenched. He demonstrates a good reach and his hands are also held at the correct power line.



The candidate maintains a relaxed, balanced and fluent position on his feet, and demonstrates a change of speed in defence and attack as appropriate.

During the demonstration of the attacking moves the candidate displays his ability to use feints to outthink and deceive the opponent by using a range of powerful combination attacks that are sharp and clean.

The candidate keeps an appropriate guard throughout the work on the bag and pads, and demonstrates anticipation skills using single punch counters and counter attacks using either hand and at a very good speed.

It is judged that using a 'best fit' approach to finding an appropriate mark within a level that the candidate performed this part of the assessment at a very good level of technical accuracy, with accurate precision, control and fluency.

**Agreed Mark:** Level 5 – 10 marks