



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

### Exemplar 4 - Activity: Athletics

Assessment of the Skills in Isolation and Application of Skills, techniques and decision - making in a competitive/formal situation

1 candidate performing

### Commentary

#### The activity criteria states that:

Candidates will be assessed on the skills listed below when performed in isolation/unopposed practice, for **one** of the track events below.

The **one** track event can be selected from:

- **Track sprints:** 100m, 200m, 300m (girls), 400m (boys)

Skills/technique:

- starts
- posture
- pacing
- leg and arm action
- coordination of legs and arms
- stride pattern.

#### Skills in Isolation:

This video provides clear evidence of the candidate performing the required skills in isolation for her event.

She begins by demonstrating the leg action, including 'pawing' the ground, high knees and fast knees. All are performed with a very good level of technical accuracy, control, precision and fluency. The candidate is also observed performing with a very good posture – still head, - looking up and eyes looking forwards -, and shoulders – and arm action – arms close to the body with a good upwards swinging action.

The candidate is then observed performing the sprint starting position, where she uses the crouch start, - which as well as being appropriate to the event, is considered to be a more advanced technique in comparison to a standing start - although without starting blocks (not essential to use at GCSE level). This technique can be viewed from different angles; it is clear to see the correct weight distribution of the hands and feet, and high hips. Although positioning is appropriate technique is at the top end of good rather than very good, as the candidate's hips are too high to prevent any real drive forwards.

The start is developed into a 10m and 30m sprint which demonstrates the candidate's very good technical accuracy and control of the arm and leg action. During the performance of this skill the candidate is observed to have a very good line with relaxed shoulder action, even stride with a strong drive from the legs.



As the candidate is observed running the bend, she shortens her stride as appropriate to maintain pace while still maintaining an effective push off the ground and while hugging the bend.

It would have been appropriate to have viewed more footage of the drills showing the skills as listed in the criteria. For example, three clips could have focused on the start including the set-up and reaction, the drive and the transition. The remaining drills were very well done although they were very brief.

**Agreed Mark:** Level 5 – 10 marks

### **Application of Skills**

The candidate is observed performing in three competitive races. The first race is over 100m – which although not her assessed event, shows her further developing her sprinting technique, ability and skills. (This is equivalent to seeing a conditioned/small sided game in one of the games' activities). During this race it is obvious that the candidate has a very good level of physical ability, including technique and fitness over the distance.

The candidate is then filmed performing in two races over 300m at district and county level, which allows the moderator to observe the increasing level of demand of the competition and the candidate's response to the increasing level of competition. The candidate was obviously very confident running in that environment and certainly dominated the first two races.

The candidate generally displayed a very good level of physical fitness over the running distance, showing an appropriate level of technical accuracy at the start of the race and maintaining very good form throughout until the finish.

Her use of pace and judgement in the first two races was very good, although when running against the better competitors in the third race, this was less effective, although the candidate did still maintain very good running style right up to the finish line.

The candidate did display very good and consistent impact, including the ability to adapt, improvise and deploy appropriate running tactics particularly over the first two races, where it was evident that she was very comfortable in that environment.

The candidate was highly motivated as well as focussed throughout her races; she also demonstrated an appropriate level of determination and aggression which resulted in a consistent and effective performance.

**The middle marks of the level are used for performances that have a reasonable match to the descriptor. This might represent a balance between some characteristics of the level that are fully met and others that are only barely met.**

**Agreed Mark:** Level 5 – 23 marks