

Analysis Level (15 marks)	Demands of the activity/ sport specific terminology	Strengths and weaknesses (fitness components)	Justification, including impact on activity	Strengths and weaknesses (skill/ tactics)	Justification, including impact on activity
L5: 13-15	Excellent knowledge and appreciation of the demands of the activity Fully conversant with movements & terminology.	Clear, detailed, in-depth self analysis for <u>all</u> strengths and weaknesses.	<u>All</u> fully justified with reference to recent performances. Strong justification regarding the impact	Clear detailed in-depth analysis for <u>all</u> strengths and weaknesses	<u>All</u> fully justified with reference to recent performances. Strong justification regarding the impact
L4: 10-12	Good knowledge and appreciation of the demands of the activity Fully conversant with most movements & terminology.	In-depth self analysis although some strengths or weaknesses are clearer than others.	Most are fully justified with reference to recent performances, although some are clearer than others with regards to the impact	In-depth self analysis although some are clearer than others	Most are fully justified with reference to recent performances, although some are clearer than others
L3: 7-9	Shows some knowledge and appreciation of the demands, conversant with many moves/ terminology, but is occasionally unclear.	Appreciates many of the strengths and weaknesses, some are considerably clearer than others.	Most of the strengths and weaknesses are justified (some fully) though elements of the justification may not be wholly convincing. There is some impact given, but often to a <u>single</u> performance.	Appreciates many of the strengths and weaknesses, some are considerably clearer than others.	Most of the strengths and weaknesses are justified (some fully) though elements of the justification may not be wholly convincing, or only applied to a <u>single</u> performance
L2: 4-6	Some knowledge and appreciation of the demands but frequently lacks depth and may show confusion within some terms.	Some of the strengths and weaknesses are appreciated, with some obvious inconsistencies in the clarity of response.	Some of the strengths and weaknesses are justified, often generically rather than specifically to the impact on performance/s	Some of the strengths and weaknesses are appreciated, with some obvious inconsistencies in the clarity of response	Some of the strengths and weaknesses are justified, often generically rather than specifically to the impact on performances
L1: 1-3	Limited knowledge and appreciation. A few movements and aspects of terminology are used.	Few strengths and/ or weaknesses provide clarity and/ or depth.	Justification may be appropriate on occasion, but seldom relevant to the impact on performance.	Few strengths and/ or weaknesses provide clarity and/ or depth	Justification may be appropriate on occasion, but seldom relevant to the impact on

Evaluation Level (10 marks)	Suitable training type	Personal needs	Intensities calculated	Theoretical area	Application of theoretical area
L5: 9-10	Appropriate type chosen & fully understood. Fully evaluated and justified with reference to how it will remedy the fitness weakness.	Training session and justification of training type makes particular & detailed reference to the personal needs/ safety considerations of the performer- not generic. The session is detailed throughout.	Calculated, <u>fully</u> justified and linked to the needs of the performer	Fully relevant (from the specification) and explained in detail.	Fully explained and justified as to its relevance and how improvement will take place.
L4: 7-8	Appropriate type chosen with a good level of understanding. Some justification and evidence of evaluative thinking.	Training session and justification of training is mostly detailed, and personal to the needs/ safety considerations of the performer. The session contains some detail, although this is not always consistent in its detail.	Calculated with some basic justification to the needs of the performer	Relevant (from the specification) with some detail given.	Justification is given although this may be less than that of the training type (with reference to improvement)
L3: 5-6	Appropriate type chosen with some understanding. Justification has been provided although evaluation may be limited.	The training session is rather general and not fully applied to the needs/ safety considerations of the performer. Lacks detail.	Calculated with limited justification to the needs of the performer	Relevant but only partially explained.	Justification is attempted but limited. No element of detail to the impact upon performance
L2: 3-4	Training type may be appropriate but lacks justification/ evaluation in any detail to the fitness weakness.	The session is appropriate but considerably lacking in detail, with few personal needs considered.	Intensity calculation attempted- perhaps not wholly. Little to no justification to the needs of the performer	Relevant (from the specification) with little or no explanation.	Attempt at justification but the impact on performance is limited or absent altogether.
L1:1-2	Training type may be limited but appropriate or even inappropriate. If appropriate, there is little to no justification or evaluation.	Explanation of the session may be irrelevant or general and not personalised.	Intensity calculations are absent or incorrect and not justified.	Might be irrelevant (outwith the specification) or has no explanation.	No application to how improvement will take place.

