

Physical Education marking guide

External assessment

Combination response (62 marks)

Assessment objectives

This assessment instrument is used to determine student achievement in the following objectives:

1. recognise and explain energy, fitness and training concepts and principles about movement
4. analyse and synthesise data to devise strategies about energy, fitness and training
5. evaluate training strategies about movement
6. justify training strategies about movement
7. make decisions about and use mode-appropriate features, language and conventions to communicate meaning to inform a technical audience.

Note: Objectives 2 and 3 are not assessed in this instrument.

Purpose

This document is an External assessment marking guide (EAMG).

The EAMG:

- Provides a tool for calibrating external assessment markers to ensure reliability of results
- Indicates the correlation, for each question, between mark allocation and qualities at each level of the mark range
- Informs schools and students about how marks are matched to qualities in student responses.

Mark allocation

Where a response does not meet any of the descriptors for a question or a criterion, a mark of '0' will be recorded. Where no response to a question has been made, a mark of 'N' will be recorded.

External assessment marking guide

Multiple choice

Question	Response
1	A
2	A
3	D
4	C
5	C
6	D
7	B
8	B
9	B
10	C

Short response (28 marks)

Q	Sample response	The response:	M	The response:	M
11	<p>The preparatory phase emphasises developing base fitness levels through a high volume of training performed at low-to-moderate intensity. The athlete trains in the aerobic training zone, with the target heart rate (THR) at 70–80% of maximum heart rate (MHR). Intensity slowly increases to ensure the focus remains on regaining base-level aerobic fitness. Training above this intensity too early may cause injury or issues with motivation.</p> <p>In the pre-competition phase, intensity increases and volume decreases as training becomes more targeted to specific movement sequences, enhancing specific movement strategies. In a typical pre-competition training session, heart rate (HR) should be well into the anaerobic training zone, at 80–90% of MHR.</p> <p>During the competition phase, the athlete performs at near MHR in the anaerobic zone, maximising performance outcomes through operating at an intensity reflecting competition performance requirements. Reducing the rest between exertions and increasing the magnitude of exertion allows for training that is more specific to the requirements of the activity. The training focuses on intensity, ensuring the athlete is not fatigued for competition.</p> <p>In the transition phase, the athlete's training goals are concerned with recovery from competition and maintaining a base level of fitness. During this phase, the athlete trains in the aerobic training zone, assisting recovery by maintaining a HR around 60% of MHR.</p>	<ul style="list-style-type: none"> provides a discerning explanation of how the changes in the training zones optimise competitive performance 	4	<ul style="list-style-type: none"> provides a discerning explanation of how the changes in the percentage of maximum heart rate (MHR) optimise competitive performance 	4
		<ul style="list-style-type: none"> provides a considered explanation of how the changes in the training zones optimise competitive performance 	3	<ul style="list-style-type: none"> provides a considered explanation of how the changes in the percentage of MHR optimise competitive performance 	3
		<ul style="list-style-type: none"> provides a feasible explanation of how the changes in the training zones optimise competitive performance 	2	<ul style="list-style-type: none"> provides a feasible explanation of how the changes in the percentage of MHR optimise competitive performance 	2
		<ul style="list-style-type: none"> provides a description of how a change in the training zones improves competitive performance 	1	<ul style="list-style-type: none"> provides a description of how a change in the percentage of MHR improves competitive performance 	1
		<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0	<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0

Q	Sample response	The response:	M
12a)	<p>The mesocycle targets muscular endurance.</p> <p>Muscular endurance is promoted by keeping the heart rate (HR) high for a long period of time. This mesocycle has many low-intensity and high-repetition activities, which allows HR to remain high and movement to be extended over a longer time frame. This correlates to contractions being held for an extended time, requiring HR to remain high for longer.</p> <p>Many activities involve constant movement. This promotes elevated HR, while limited recovery time between activities also keeps HR high.</p>	<ul style="list-style-type: none"> identifies that muscular endurance is the component of fitness targeted in the mesocycle explains 4 indicators that support the identified component of fitness 	5
		<ul style="list-style-type: none"> identifies a relevant component of fitness that would be targeted in the mesocycle explains 3 indicators that support the identified component of fitness 	4
		<ul style="list-style-type: none"> identifies a relevant component of fitness that would be targeted in the mesocycle provides a description of 2 indicators 	3
		<ul style="list-style-type: none"> identifies a relevant component of fitness that would be targeted in the mesocycle provides a description of 1 indicator 	2
		<ul style="list-style-type: none"> identifies a component of fitness that would be targeted in the mesocycle <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies a relevant indicator present in the mesocycle 	1
		<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0

Q	Sample response	The response:	M	The response:	M	The response:	M
12b)	<p>The volume is increasing with the increased weight in the back squats and increased repetitions in the box jumps. By increasing volume, we target increased adaptations through progressive overload. Limited rest between repetitions does not permit sufficient recovery for repeated maximal efforts. This infers power and strength will be reduced in consecutive sets/efforts, targeting muscular endurance. Heart rate (HR) stays high, operating at or above threshold. The work periods are relatively short, not developing cardiovascular endurance. Work:rest ratios are increasing in the back squats, because the repetitions are decreasing; however, the work:rest ratios are decreasing in the box jumps, because the repetitions are increasing, while rest remains constant. Intensity is increasing in the back squats, which will increase muscular fatigue prior to beginning the box jumps. As the repetitions of box jumps increase, athlete fatigue increases. This</p>	<ul style="list-style-type: none"> provides a discerning justification of how the training principles support the improvement of the component of fitness 	5	<ul style="list-style-type: none"> provides a discerning justification of how the energy system supports the improvement of the component of fitness 	5	<ul style="list-style-type: none"> provides a critical evaluation of the effectiveness of the mesocycle and uses comprehensive evidence from the stimulus to support evaluative statements 	5
		<ul style="list-style-type: none"> provides a considered justification of how the training principles support the improvement of the component of fitness 	4	<ul style="list-style-type: none"> provides a considered justification of how the energy system supports the improvement of the component of fitness 	4	<ul style="list-style-type: none"> provides a considered evaluation of the effectiveness of the mesocycle and uses extensive evidence from the stimulus to support evaluative statements 	4
		<ul style="list-style-type: none"> provides a feasible justification of how the training principles support the improvement of the component of fitness 	3	<ul style="list-style-type: none"> provides a feasible justification of how the energy system supports the improvement of the component of fitness 	3	<ul style="list-style-type: none"> provides a feasible evaluation of the effectiveness of the mesocycle and uses detailed evidence from the stimulus to support evaluative statements 	3
		<ul style="list-style-type: none"> provides a superficial justification of how the training 	2	<ul style="list-style-type: none"> provides a superficial justification of how the energy system 	2	<ul style="list-style-type: none"> provides a superficial evaluation of the effectiveness of 	2

Q	Sample response	The response:	M	The response:	M	The response:	M
	<p>targets muscular endurance through progressive overload. Muscular endurance is optimised using the lactic acid system, as the work has a longer duration than more explosive power-based or strength-based movements. The aerobic system also provides contributions to the energy requirements; however, due to the work periods being short, it is not a primary contributor. This mesocycle supports improvements in muscular endurance through focusing on the required energy system, building of lactate tolerance and repeated contractions against a resistance.</p>	<p>principles support the improvement of the component of fitness</p>		<p>supports the improvement of the component of fitness</p>		<p>the mesocycle and uses evidence from the stimulus to support evaluative statements</p>	
		<ul style="list-style-type: none"> provides a description of how the training principles support the improvement of the component of fitness 	1	<ul style="list-style-type: none"> provides a description of how the energy system supports the improvement of the component of fitness 	1	<ul style="list-style-type: none"> identifies a relevant piece of information about training principles or energy systems <p>OR</p> <ul style="list-style-type: none"> identifies evidence from the stimulus that relates to a training principle or energy systems 	1
		<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0	<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0	<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0

Extended response — Question 13 (24 marks)

Criterion: Recognise and explain (5 marks)

The response:	M
<ul style="list-style-type: none"> provides a critical evaluation of how the selected athlete's components of fitness align with the selected physical activity 	5
<ul style="list-style-type: none"> provides a considered evaluation of how the selected athlete's components of fitness align with the selected physical activity 	4
<ul style="list-style-type: none"> provides a feasible evaluation of how the selected athlete's components of fitness align with the selected physical activity <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies specific movement sequences associated with the selected physical activity 	3
<ul style="list-style-type: none"> provides a superficial evaluation of how the selected athlete's components of fitness align with the selected physical activity <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies movement sequences associated with the selected physical activity 	2
<ul style="list-style-type: none"> identifies a movement sequence associated with the selected physical activity 	1
<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0

Criterion: Analyse and synthesise — Training sessions (5 marks)

The response:	M
<ul style="list-style-type: none"> • provides a relevant microcycle with an appropriate number of training sessions • provides a comprehensive description of the training sessions 	5
<ul style="list-style-type: none"> • provides a relevant microcycle with an appropriate number of training sessions • provides a detailed description of the training sessions 	4
<ul style="list-style-type: none"> • provides a microcycle with an appropriate number of training sessions • provides a description of the training sessions 	3
<ul style="list-style-type: none"> • provides a microcycle with training sessions • provides a description of the training sessions 	2
<ul style="list-style-type: none"> • provides a microcycle with training sessions 	1
<ul style="list-style-type: none"> • does not satisfy any of the descriptors above. 	0

Criterion: Analyse and synthesise — Components of fitness (4 marks)

The response:	M
<ul style="list-style-type: none"> • uses a range of training methods • provides a comprehensive explanation of the links between the microcycle and the component of fitness 	4
<ul style="list-style-type: none"> • uses a range of training methods • provides a detailed explanation of the links between the microcycle and the component of fitness 	3
<ul style="list-style-type: none"> • uses a training method • provides a detailed explanation of the links between the microcycle and the component of fitness <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • uses a range of training methods • provides an explanation of the links between the microcycle and the component of fitness 	2
<ul style="list-style-type: none"> • uses a training method • provides a description of a link between the microcycle and the component of fitness 	1
<ul style="list-style-type: none"> • does not satisfy any of the descriptors above. 	0

Criterion: Analyse and synthesise — Energy systems (4 marks)

The response:	M
<ul style="list-style-type: none"> • uses a range of training methods • provides a comprehensive explanation of the links between the microcycle and the energy system 	4
<ul style="list-style-type: none"> • uses a range of training methods • provides a detailed explanation of the links between the microcycle and the energy system 	3
<ul style="list-style-type: none"> • uses a training method • provides a detailed explanation of the links between the microcycle and the energy system <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • uses a range of training methods • provides an explanation of the links between the microcycle and the energy system 	2
<ul style="list-style-type: none"> • uses a training method • provides a description of a link between the microcycle and the energy system 	1
<ul style="list-style-type: none"> • does not satisfy any of the descriptors above. 	0

Criterion: Justify training strategies (6 marks)

The response:	M
<ul style="list-style-type: none"> • provides a discerning justification of how the devised microcycle will optimise the athlete’s competitive performance • uses comprehensive evidence from the stimulus to support the maintenance or modification of the microcycle 	6
<ul style="list-style-type: none"> • provides a considered justification of how the devised microcycle will optimise the athlete’s competitive performance • uses extensive evidence from the stimulus to support the maintenance or modification of the microcycle 	5
<ul style="list-style-type: none"> • provides a feasible justification of how the devised microcycle will optimise the athlete’s competitive performance • uses detailed evidence from the stimulus to support the maintenance or modification of the microcycle 	4
<ul style="list-style-type: none"> • provides superficial justification of how the devised microcycle will optimise the athlete’s competitive performance • uses evidence from the stimulus to support the maintenance or modification of the microcycle 	3
<ul style="list-style-type: none"> • identifies features of the devised microcycle that will improve the athlete’s competitive performance 	2
<ul style="list-style-type: none"> • identifies a feature of the devised microcycle that will improve the athlete’s competitive performance 	1
<ul style="list-style-type: none"> • does not satisfy any of the descriptors above. 	0