

Physical Education marking guide and response

External assessment 2021

Combination response (52 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 consists of a marking guide and a sample response.

The marking guide:

- 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.

The sample response:

- demonstrates the qualities of a high-level response
- has been annotated using the marking guide.

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.

Marking guide

Multiple choice

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

Short response

Q	Sample response	The response:	M
11a)	<p>The athlete is overtraining. Completion of all training sessions at the highest intensity, in addition to further training sessions to target identified aerobic areas, have adverse effects on the athlete's readiness to perform.</p> <p>The athlete is presenting with increased fatigue and lethargy that has resulted in a decrease in distance covered and minutes played per game from 60 min/16 km to 50 min/9 km.</p> <p>Errors have increased from 3 per game to 8 per game. The athlete's inability to recover fully before competition has resulted in this observable decline in performance.</p>	For identification of reason:	
		• states that the athlete is overtraining	1
		• does not satisfy any of the descriptors above.	0
		For support referring to indicators:	
		• use of 4 indicators to support the statement	4
		• use of 3 indicators to support the statement	3
		• use of 2 indicators to support the statement	2
		• use of 1 indicator to support the statement	1
• does not satisfy any of the descriptors above.	0		

Q	Sample response	The response, for the first training principle:	M	The response, for the second training principle:	M	The response, for the third training principle:	M
11b)	<p>To prevent overtraining and optimise performance, modifications must target frequency, intensity and duration.</p> <p>Frequency refers to the number and regularity of training sessions. To allow the athlete to better recover, the number of sessions should be reduced by removing the additional aerobic sessions. These cause fatigue and may be directly responsible for the decline in distance run.</p> <p>The athlete completes all training sessions at the highest level of exertion. To assist recovery before game day, the intensity of some sessions throughout the week should be at or below the ATZ — 75% maximum heart rate (MHR) — and some sessions working in or above the anaerobic zone (75–85% MHR). This variety in the intensities will assist athlete recovery.</p> <p>Session duration needs to be reduced to assist the athlete’s recovery. Duration and recovery periods do not allow for full recovery, as indicated by the athlete’s fatigue and lethargy.</p>	<ul style="list-style-type: none"> provides a detailed justification of how this training principle will address the identified key indicator/s 	3	<ul style="list-style-type: none"> provides a detailed justification of how this training principle will address the identified key indicator/s 	3	<ul style="list-style-type: none"> provides a detailed justification of how this training principle will address the identified key indicator/s 	3
		<ul style="list-style-type: none"> describes how this training principle will address the identified indicator/s 	2	<ul style="list-style-type: none"> describes how this training principle will address the identified indicator/s 	2	<ul style="list-style-type: none"> describes how this training principle will address the identified indicator/s 	2
		<ul style="list-style-type: none"> identifies a feature of a training principle 	1	<ul style="list-style-type: none"> identifies a feature of a training principle 	1	<ul style="list-style-type: none"> identifies a feature of a training principle 	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

Q	Sample response	The response:	M
12a)	The duration and intensity are in the aerobic threshold with sections of higher intensity. Based on the above features, this variation of interval training is aerobic interval training.	<ul style="list-style-type: none"> determines that the interval training variation is aerobic interval training, using features from the stimulus to support the response 	2
		<ul style="list-style-type: none"> states that the interval training variation is aerobic interval training <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies a feature/s of aerobic interval training from the stimulus 	1
		<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0

Q	Sample response	The response, for evaluation:	M	The response, for justification:	M
12b)	<p>Selected physical activity (and position, if applicable): Volleyball, hitter</p> <p>This session would be ineffective in targeting the specific energy and fitness requirements of a hitter in volleyball. The session targets the aerobic energy system and focuses more on the endurance-based fitness components. A hitter in volleyball requires a focus on the anaerobic energy systems to enable general movement around the court with intermittent explosive contractions. The hitter position does not require continuous effort periods of this duration or intensity.</p> <p>This session would need to be modified to focus on the anaerobic energy systems (ATP-PC and lactic acid) and associated fitness requirements — such as power, agility and speed— that are specific to the position. HIIT would be the most effective variation of interval training for a hitter in volleyball.</p>	<ul style="list-style-type: none"> provides a critical evaluation of the effectiveness of aerobic interval training in targeting the specific energy and fitness requirements of the selected physical activity 	6	<ul style="list-style-type: none"> provides a discerning justification of the maintenance or modification of the training session in targeting the energy and fitness requirements of the selected physical activity demonstrates insightful use of examples linked to the selected physical activity or positional/event movement sequences 	6
		<ul style="list-style-type: none"> evaluates the effectiveness of aerobic interval training in targeting the specific energy and fitness requirements of the selected physical activity 	5	<ul style="list-style-type: none"> justifies the maintenance or modification of the training session in targeting the energy and fitness requirements of the selected physical activity demonstrates appropriate use of examples linked to the selected physical activity or positional/event movement sequences 	5
		<ul style="list-style-type: none"> explains the effectiveness of aerobic interval training, or another identified interval training variation, in targeting the specific energy and fitness requirements of the selected physical activity 	4	<ul style="list-style-type: none"> explains the maintenance or modification of the training session in targeting the energy and fitness requirements of the selected physical activity provides appropriate use of examples linked to the selected physical activity or positional/event movement sequences <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> justifies the maintenance or modification of the training session in targeting the energy OR fitness requirements of the selected physical activity provides appropriate use of examples linked to the selected physical activity or positional/event movement sequences 	4

Q	Sample response	The response, for evaluation:	M	The response, for justification:	M
	A more effective session could include maintaining the warm-up and dynamic stretching, as this would suit the position. Follow the warm-up with 10 × 10 m side shuffles at 85% intensity followed by a 2-min rest, repeat × 3. 10 × 10 m high knees and backpedalling at 85% followed by a 2-min rest, repeat × 3. 10 × squat jumps followed by a 2-min rest. Repeat the session × 2. This session more effectively targets the specific energy requirements of a hitter in volleyball and develops the related fitness components — power, speed, agility — needed to optimise performance.	<ul style="list-style-type: none"> describes the effectiveness of aerobic interval training using features of the targeted physical activity in targeting the specific energy OR fitness requirements of the selected physical activity 	3	<ul style="list-style-type: none"> explains the maintenance or modification of the training session in targeting the energy OR fitness requirements of the selected physical activity provides superficial use of examples linked to the selected physical activity <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> describes the interval training variation in targeting the energy and fitness requirements of the selected physical activity 	3
		<ul style="list-style-type: none"> identifies features of aerobic interval training identifies features of the energy OR fitness requirements of the selected physical activity 	2	<ul style="list-style-type: none"> identifies features of the selected physical activity related to energy and fitness requirements 	2
		<ul style="list-style-type: none"> identifies a feature of aerobic interval training <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies a feature of the energy OR fitness requirements of the selected physical activity 	1	<ul style="list-style-type: none"> identifies a feature of the selected physical activity 	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

Extended response — Question 13

The response, for analysing components of fitness:	M	The response, for devising a microcycle:	M	The response, for justifying training methods, principles of training and recovery principles:	M
<ul style="list-style-type: none"> provides a discerning analysis of the relevant components of fitness for the selected physical activity demonstrates discerning links to the position or event requirements determines the two most important components of fitness for the selected physical activity 	4	<ul style="list-style-type: none"> provides a relevant two-session microcycle explains the training sessions makes discerning links to one specialised movement sequence in the physical activity context 	4	<ul style="list-style-type: none"> provides a discerning justification of the selected training methods, principles of training and recovery principles in optimising performance demonstrates insightful use of evidence from the devised microcycle to support how the selected training methods, principles of training and recovery principles optimise performance makes discerning links to one specialised movement sequence in the physical activity context 	6
<ul style="list-style-type: none"> explains the relevant components of fitness for the selected physical activity demonstrates considered links to the position or event requirements determines the two most important components of fitness for the selected physical activity 	3	<ul style="list-style-type: none"> provides a relevant two-session microcycle describes the training sessions makes considered links to one specialised movement sequence in the physical activity context 	3	<ul style="list-style-type: none"> justifies the selected training methods, principles of training and recovery principles in optimising performance demonstrates appropriate use of evidence from the devised microcycle to support how the selected training methods, principles of training and recovery principles optimise performance makes considered links to one specialised movement sequence in the physical activity context 	5
<ul style="list-style-type: none"> describes the relevant components of fitness for the selected physical activity demonstrates feasible links to the position or event requirements <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies relevant components of fitness for the selected physical activity determines the two most important components of fitness for the selected physical activity 	2	<ul style="list-style-type: none"> provides a microcycle with a training session describes the training sessions <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies features of a training sessions identifies a specialised movement sequence in the physical activity context 	2	<ul style="list-style-type: none"> justifies the selected training method/s and/or principle/s of training and/or recovery principle/s in optimising performance demonstrates feasible use of evidence from the devised microcycle to support how the selected training method/s and principle/s of training and recovery principle/s to optimise performance makes appropriate links to one specialised movement sequence in the physical activity context <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> explains the selected training methods, principles of training and recovery principles in optimising performance demonstrates superficial use of evidence from the devised microcycle to support how the selected training methods, principles of training and recovery principles optimise 	4

The response, for analysing components of fitness:	M	The response, for devising a microcycle:	M	The response, for justifying training methods, principles of training and recovery principles:	M
				performance in one specialised movement sequence in the physical activity context	
<ul style="list-style-type: none"> identifies relevant components of fitness for the selected physical activity <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies features of the position or event 	1	<ul style="list-style-type: none"> identifies features of a training session <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> identifies a specialised movement sequence in the physical activity context 	1	<ul style="list-style-type: none"> explains the selected training method/s and/or principle/s of training and/or recovery principle/s in optimising performance demonstrates superficial use of evidence from the devised microcycle to support how the selected training method/s, principle/s of training and recovery principle/s optimise performance in one specialised movement sequence in the physical activity context <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> describes the selected training methods and/or principles of training and/or recovery principles in optimising performance demonstrates feasible use of evidence from the devised microcycle to support how the selected training methods, principles of training and recovery principles optimise performance in one specialised movement sequence in the physical activity context 	3
<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"> describes the training method/s and/or principle/s of training and/or recovery principle/s in optimising performance 	2
				<ul style="list-style-type: none"> identifies a feature from the microcycle aimed at improving performance 	1
				<ul style="list-style-type: none"> does not satisfy any of the descriptors above. 	0



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