

# Physical Education marking guide and response

Sample external assessment 2020

## Combination response (70 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.

## Introduction

The Queensland Curriculum and Assessment Authority (QCAA) has developed mock external assessments for each General senior syllabus subject to support the introduction of external assessment in Queensland.

An external assessment marking guide (EAMG) has been created specifically for each mock external assessment.

The mock external assessments and their marking guides were:

- developed in close consultation with subject matter experts drawn from schools, subject associations and universities
- aligned to the external assessment conditions and specifications in General senior syllabuses
- developed under secure conditions.

## Purpose

This document consists of an EAMG and an annotated response.

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 (EAMG)

## Multiple choice

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

## Short response (36 marks)

Question	Sample response	The response	Mark
11a	Resistance training would be a suitable recommendation in this instance as long as certain training principles are met to target the client's needs. The duration of high intensity work would need to be at least 20 seconds to 120 seconds in order to target the lactic acid energy system, and about 80% intensity. In order to target muscular endurance, resistance training should have high reps (about 15 or more) with a lower weight so that you can do repeat sets.	<ul style="list-style-type: none"> <li>identifies resistance training as effective under certain conditions</li> <li>explains 4 of those conditions</li> </ul>	5
		<ul style="list-style-type: none"> <li>identifies resistance training as effective under certain conditions</li> <li>explains 3 of those conditions</li> </ul>	4
		<ul style="list-style-type: none"> <li>identifies resistance training as effective under certain conditions</li> <li>explains 2 of those conditions</li> </ul>	3
		<ul style="list-style-type: none"> <li>identifies resistance training as effective under certain conditions</li> <li>provides 1 condition</li> </ul>	2
		<ul style="list-style-type: none"> <li>identifies resistance training as effective</li> </ul>	1
		<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

Question	Sample response	The response	Mark
11b	To target the lactic acid energy system and muscular endurance, I would recommend a circuit training session. This will allow for intervals of work and rest at appropriate lengths of time to target the energy system while also incorporating a variety of movements that can target muscular endurance such as lunges, squats, push-ups, sit ups, skipping, etc. each station would be about 1minute in length with 1minute rest before moving on to the next station. Effort during each exercise should be at maximum to target the lactic acid system. Working for 60 seconds, will provide high repetitions of movement for muscular endurance with some resistance depending on the exercise.	<ul style="list-style-type: none"> <li>identifies an alternative appropriate training method</li> <li>explains 4 conditions under which that training method would be effective</li> </ul>	6
		<ul style="list-style-type: none"> <li>identifies an alternative appropriate training method</li> <li>explains 3 conditions under which that training method would be effective</li> </ul>	5
		<ul style="list-style-type: none"> <li>identifies an alternative appropriate training method</li> <li>explains 2 conditions under which that training method would be effective</li> </ul>	4
		<ul style="list-style-type: none"> <li>identifies an alternative appropriate training method</li> <li>provides 1 condition under which that training method would be effective</li> </ul>	3
		<ul style="list-style-type: none"> <li>identifies an appropriate training method</li> </ul>	2
		<ul style="list-style-type: none"> <li>identifies a training method</li> </ul>	1
		<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

Question	Sample response	The response	Mark
12	<p>For the performance recorded in the stimulus provided, the athlete has clearly used the lactic acid energy system as their primary energy system, but has also relied quite a bit on the aerobic energy system. The rise and fall in heart rate indicates that the performance consists of a number of repeated intervals of high intensity followed by some rest or active recovery. During these rest periods, the heart rate falls but still stays above the aerobic threshold.</p> <p>The data also indicates some sample work and rest intervals that fall between 40 and 60 seconds. This indicates that the work to rest ratio is roughly 1:1 and the durations match the typical durations for which the lactic acid energy system provides energy. The length of the rest also allows some time for the lactic acid energy system to partially replenish. The lactic acid system is used by the body for high intensity exercise and the heart rate for some of the work periods in this performance get close to maximum heart rate, indicating a very high intensity of exercise.</p>	<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 4 features from the performance data</li> </ul>	10
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 3 features from the performance data</li> <li>identifies 1 other feature of movement</li> </ul>	9
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 3 features from the performance data</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 2 features from the performance data</li> <li>identifies 2 other features of movement</li> </ul>	8
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 2 features from the performance data</li> <li>identifies 1 other feature of movement</li> </ul>	7
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 2 features from the performance data</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 1 feature from the performance data</li> <li>identifies 2 other features of movement</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>identifies 4 features of movement</li> </ul>	6

Question	Sample response	The response	Mark
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 1 feature from the performance data</li> <li>identifies 1 other feature of movement</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>identifies 3 features of movement</li> </ul>	5
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>provides explanation using details of 1 features from the performance data</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>identifies 2 features of movement</li> </ul>	4
		<ul style="list-style-type: none"> <li>states the lactic acid system as the primary energy system</li> <li>identifies 1 feature of movement</li> </ul>	3
		<ul style="list-style-type: none"> <li>identifies the aerobic energy system as a contributing energy system</li> <li>refers to 10 mins of total movement in the performance data</li> </ul>	2
		<ul style="list-style-type: none"> <li>identifies an energy system</li> </ul>	1
		<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

Question	Sample response	The response	Mark
13	The training program provided does not provide opportunities for the athlete to taper in the lead-up to the competition. Tapering allows an athlete to reduce the frequency of training prior to championships to recover from the effects of training and be in optimal condition at the competition event. The event is in week 14 and lasts for 4 days. I would recommend removing one of the continuous sessions in week 12 so that the athlete trains 4 times and then in week 13, remove the interval session and one of the continuous sessions in order to reduce the number of sessions to 3.	<ul style="list-style-type: none"> <li>recommends tapering by removing               <ul style="list-style-type: none"> <li>1 session from microcycle 12</li> <li>2 sessions from microcycle 13</li> </ul> </li> </ul>	7
		<ul style="list-style-type: none"> <li>recommends tapering by removing               <ul style="list-style-type: none"> <li>2 sessions from microcycle 12</li> <li>3 sessions from microcycle 13</li> </ul> </li> </ul>	6
		<ul style="list-style-type: none"> <li>recommends tapering by removing               <ul style="list-style-type: none"> <li>1 session from microcycle 12</li> <li>1 session from microcycle 13</li> </ul> </li> </ul>	5
		<ul style="list-style-type: none"> <li>recommends tapering by removing               <ul style="list-style-type: none"> <li>1 session from microcycle 12</li> </ul>               OR             </li> <li>recommends tapering by removing               <ul style="list-style-type: none"> <li>1 session from microcycle 13</li> </ul> </li> </ul>	4
		<ul style="list-style-type: none"> <li>recommends tapering by reducing               <ul style="list-style-type: none"> <li>intensity of sessions in microcycle 12</li> <li>intensity of sessions in microcycle 13</li> </ul> </li> </ul>	3
		<ul style="list-style-type: none"> <li>recommends tapering by reducing               <ul style="list-style-type: none"> <li>intensity of sessions in microcycle 12</li> </ul>               OR             </li> <li>recommends tapering by reducing               <ul style="list-style-type: none"> <li>intensity of sessions in microcycle 13</li> </ul> </li> </ul>	2
		<ul style="list-style-type: none"> <li>recommends tapering</li> </ul>	1
		<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0



Question	Sample response	The response	Mark
13 cont.	By training 4 times in week 12 and then only 3 times in week 13, the athlete will be able to recover better from the effects of high frequency training but still maintain fitness levels with similar intensity in the lead up to the competition. This will allow the athlete to be less fatigued from training in weeks 12 and 13 to ensure optimal performance at the championships in week 14. I would still ensure the athlete completes the skills sessions and the pre-championship event as these will be very specific to their performance.	<ul style="list-style-type: none"> <li>supports tapering by referring to recovery to achieve outcomes a), b) and c)</li> </ul>	8
		<ul style="list-style-type: none"> <li>supports tapering by referring to recovery to achieve outcome a) and b)</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>supports tapering by referring to recovery to achieve outcome a) and c)</li> </ul>	7
		<ul style="list-style-type: none"> <li>supports tapering by referring to recovery to achieve outcomes b) and c)</li> </ul>	6
		<ul style="list-style-type: none"> <li>supports tapering by referring to recovery to achieve 1 of outcomes a), b) or c)</li> </ul>	5
		<ul style="list-style-type: none"> <li>supports tapering by referring to <ul style="list-style-type: none"> <li>recovery</li> <li>improved competition performance</li> </ul> </li> </ul>	4
		<ul style="list-style-type: none"> <li>supports tapering by referring to recovery</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>supports tapering by referring to improved competition performance</li> </ul>	3
		<ul style="list-style-type: none"> <li>describes <ul style="list-style-type: none"> <li>the concept of tapering</li> <li>the concept of recovery</li> </ul> </li> </ul>	2
		<ul style="list-style-type: none"> <li>describes the concept of tapering</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>describes the concept of recovery</li> </ul>	1
		<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

## Extended response: Question 14 (24 marks)

The response	Mark
<ul style="list-style-type: none"> <li>identifies a session as least effective at meeting the 2 requirements</li> <li>identifies specific movement/s related to a position/event in a selected physical activity</li> </ul>	6
<ul style="list-style-type: none"> <li>identifies a session as least effective at meeting the 2 requirements</li> <li>identifies a position/event in a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a session as least effective at meeting 1 of the requirements</li> <li>identifies specific movement/s related to a position/event in a selected physical activity</li> </ul>	5
<ul style="list-style-type: none"> <li>identifies a session as least effective at meeting the 2 requirements</li> <li>states a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a session as least effective at meeting 1 of the requirements</li> <li>identifies a position/event in a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a session as least effective</li> <li>identifies specific movement/s related to a position/event in a selected physical activity</li> </ul>	4
<ul style="list-style-type: none"> <li>identifies a session as least effective at meeting the 2 requirements</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies specific movement/s related to a position/event in a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a session as least effective at meeting 1 of the requirements</li> <li>states a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a session as least effective</li> <li>identifies a position/event in a selected physical activity</li> </ul>	3
<ul style="list-style-type: none"> <li>identifies a session as least effective at meeting 1 of the requirements</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a position/event in a selected physical activity</li> </ul> <p style="text-align: center;">OR</p>	2

The response	Mark
<ul style="list-style-type: none"> <li>identifies a session as least effective</li> <li>states a selected physical activity</li> </ul>	
<ul style="list-style-type: none"> <li>identifies a session as least effective</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>states a selected physical activity</li> </ul>	1
<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

The response	Mark
<ul style="list-style-type: none"> <li>identifies energy system information for specific movements in a position/event for a selected physical activity</li> <li>provides 2 conclusions about training principles from the stimulus</li> <li>explains a link between an energy system used in the selected physical activity with duration and intensity information in the least effective session</li> </ul>	4
<ul style="list-style-type: none"> <li>identifies energy system information for specific movements in a position/event for a selected physical activity</li> <li>provides 1 conclusion about training principles from the stimulus</li> <li>explains a link between an energy system used in the selected physical activity with duration or intensity information in the least effective session</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies energy system information for a position/event for a selected physical activity related to 2 training principles from the stimulus</li> <li>explains a link between an energy system used in the selected physical activity the least effective session</li> </ul>	3
<ul style="list-style-type: none"> <li>identifies energy system information for a position/event for a selected physical activity related to 1 training principle from the stimulus</li> </ul>	2
<ul style="list-style-type: none"> <li>makes a statement about energy systems in the context of a physical activity</li> </ul>	1
<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

The response	Mark
<ul style="list-style-type: none"> <li>• identifies a fitness component requirement of specific movements in a position/event for a selected physical activity</li> <li>• describes a limitation of specific movements in the least effective session and links it to that fitness component requirement</li> </ul>	4
<ul style="list-style-type: none"> <li>• identifies a fitness component requirement of specific movements in a position/event for a selected physical activity</li> <li>• describes a limitation of the least effective session and links it to that fitness component requirement</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• identifies a fitness component requirement for a selected physical activity</li> <li>• describes a limitation of specific movements in the least effective session and links it to that fitness component requirement</li> </ul>	3
<ul style="list-style-type: none"> <li>• identifies a fitness component requirement for a selected physical activity</li> <li>• describes a limitation of the least effective session and links it to that fitness component requirement</li> </ul>	2
<ul style="list-style-type: none"> <li>• identifies a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• describes a limitation of the least effective session and links it to that fitness component requirement</li> </ul>	1
<ul style="list-style-type: none"> <li>• does not match any of the descriptors.</li> </ul>	0

The response	Mark
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul>	7
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and b)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and c)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul>	6
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> <li>• explains how that modification is related to a fitness component</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and b)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and c)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using a), b) or c)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul>	5

The response	Mark
<ul style="list-style-type: none"> <li>provides a modification to meet energy system requirements using supporting features a), b) and c)</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>provides a modification to meet energy system requirements using supporting features a) and b)</li> <li>explains how that modification is related to a fitness component</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>provides a modification to meet energy system requirements using supporting features a) and c)</li> <li>explains how that modification is related to a fitness component</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>provides a modification to meet energy system requirements using a), b) or c)</li> <li>explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul>	4
<ul style="list-style-type: none"> <li>provides a modification to meet energy system requirements using a), b) or c)</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>provides a modification related to energy systems</li> <li>explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul>	3
<ul style="list-style-type: none"> <li>provides a modification related to energy system/s and a fitness component</li> </ul>	2
<ul style="list-style-type: none"> <li>provides a modification related to energy system/s or a fitness component</li> </ul>	1
<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

The response	Mark
<ul style="list-style-type: none"> <li>demonstrates accurate use of written features and language</li> </ul>	3
<ul style="list-style-type: none"> <li>demonstrates appropriate use of written features and language</li> </ul>	2
<ul style="list-style-type: none"> <li>demonstrates variable use of written features and language</li> </ul>	1
<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

### Extended response: Question 15 (24 marks)

The response	Mark
<ul style="list-style-type: none"> <li>• identifies a movement strategy for a position/event in the selected physical activity</li> <li>• explains 3 features of the fitness test in relation to that movement strategy</li> </ul>	6
<ul style="list-style-type: none"> <li>• identifies a position/event in the selected physical activity</li> <li>• explains 3 features of the fitness test in relation to that position/event</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• identifies a movement strategy for a position/event in the selected physical activity</li> <li>• explains 2 features of the fitness test in relation to that movement strategy</li> </ul>	5
<ul style="list-style-type: none"> <li>• identifies a movement strategy for a position/event in the selected physical activity</li> <li>• explains 1 feature of the fitness test in relation to that movement strategy</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• identifies a position/event in the selected physical activity</li> <li>• explains 2 features of the fitness test in relation to that position/event</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• states a physical activity</li> <li>• explains 3 features of the fitness test in relation to that physical activity</li> </ul>	4
<ul style="list-style-type: none"> <li>• identifies a position/event in the selected physical activity</li> <li>• explains 1 feature of the fitness test in relation to that position/event</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• states a physical activity</li> <li>• explains 2 features of the fitness test in relation to that physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• explains 3 features of the fitness test</li> </ul>	3

The response	Mark
<ul style="list-style-type: none"> <li>• identifies a position/event in the selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• states a physical activity</li> <li>• explains 1 feature of the fitness test in relation to that physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• explains 2 features of the fitness test</li> </ul>	2
<ul style="list-style-type: none"> <li>• states a physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• explains 1 feature of the fitness test in relation to that physical activity</li> </ul>	1
<ul style="list-style-type: none"> <li>• does not match any of the descriptors.</li> </ul>	0



The response	Mark
<ul style="list-style-type: none"> <li>• identifies energy system information for the movement strategy for a position/event in the physical activity</li> <li>• describes duration and intensity of work/rest in the fitness test provided</li> <li>• provides a link between an energy system used in the selected physical activity and limitations of duration and intensity in the fitness test provided</li> </ul>	4
<ul style="list-style-type: none"> <li>• identifies energy system information for the movement strategy for a position/event in the physical activity</li> <li>• describes duration or intensity of work/rest in the fitness test provided</li> <li>• provides a link between an energy system used in the selected physical activity and limitations of duration or intensity in the fitness test provided</li> </ul>	3
<ul style="list-style-type: none"> <li>• identifies energy system information for the movement strategy for a position/event in the physical activity</li> <li>• describes duration or intensity of work/rest in the fitness test provided</li> </ul>	2
<ul style="list-style-type: none"> <li>• identifies energy system information for the movement strategy for a position/event in the physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• describes duration or intensity of work/rest in the fitness test provided</li> </ul>	1
<ul style="list-style-type: none"> <li>• does not match any of the descriptors.</li> </ul>	0

The response	Mark
<ul style="list-style-type: none"> <li>identifies a fitness component requirement from a movement strategy for a position/event in the selected physical activity</li> <li>describes a limitation of specific movements in the fitness test provided and links it to a fitness component used in the movement strategy for the selected physical activity</li> </ul>	4
<ul style="list-style-type: none"> <li>identifies a fitness component requirement from a movement strategy for a position/event in the selected physical activity</li> <li>describes a limitation in the fitness test provided and links it to a fitness component used in the movement strategy for the selected physical activity</li> </ul>	3
<ul style="list-style-type: none"> <li>identifies a fitness component requirement from a movement strategy for a position/event in the selected physical activity</li> <li>identifies a limitation in the fitness test provided</li> </ul>	2
<ul style="list-style-type: none"> <li>identifies a fitness component requirement from a movement strategy for a position/event in the selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>identifies a limitation in the fitness test provided</li> </ul>	1
<ul style="list-style-type: none"> <li>does not match any of the descriptors.</li> </ul>	0

The response	Mark
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul>	7
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and b)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and c)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul>	6
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> <li>• explains how that modification is related to a fitness component</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and b)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and c)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using a), b) or c)</li> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul>	5

The response	Mark
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a), b) and c)</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and b)</li> <li>• explains how that modification is related to a fitness component</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using supporting features a) and c)</li> <li>• explains how that modification is related to a fitness component</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using a), b) or c)</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul>	4
<ul style="list-style-type: none"> <li>• provides a modification to meet energy system requirements using a), b) or c)</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• explains how a modification meets a fitness component requirement for specific movements of a position/event for a selected physical activity</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• provides a modification related to energy systems</li> <li>• explains how a modification meets a fitness component requirement for a selected physical activity</li> </ul>	3
<ul style="list-style-type: none"> <li>• provides a modification related to energy system/s and a fitness component</li> </ul>	2
<ul style="list-style-type: none"> <li>• provides a modification related to energy system/s or a fitness component</li> </ul>	1
<ul style="list-style-type: none"> <li>• does not match any of the descriptors.</li> </ul>	0

The response	Mark
• demonstrates accurate use of written features and language	3
• demonstrates appropriate use of written features and language	2
• demonstrates variable use of written features and language	1
• does not match any of the descriptors.	0