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# Key Process C Exemplars

Moderator Standardisation Meeting

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1. Athletics – 400 m hurdles
2. Football – Goalkeeper
3. Rounders



# Key Process C - Evaluating and improving performance

(This form is intended for students who wish to submit a written assessment for Key Process C)

Centre No

Candidate No

Self

Candidate Name

Activity

**Athletics - 400m hurdles**

Other

**Evaluating Performance** – Analyse performance and make judgements using appropriate technical terminology. This should be in relation to the range and quality of skills, and the range and effectiveness of fitness, tactics, strategies or compositional ideas. Students are expected to look at a performance or consider their own, and will be marked on their ability to identify at least one strength and one weakness, which need to be fully explained.

**Strength(s)** - This involves the identification of the nature/cause of the strength(s).

Leg technique is strength of mine. This is something which I have developed and adapted throughout the years as an athlete. I can pull my leg down very quickly and therefore very effectively after my ankle passes the barrier all while keeping my hips level and making sure not to jump over the hurdle. The strength of my legs allows me to pull my trail leg through effectively as my knee is picked up in line with the vertical centre of my body. This allows me to follow through when hurdling which stops me losing speed. I have adapted my stride length to make it optimal which has consequently lowered my time and given me a new PB. I achieved improved technique with practice and repeatedly carrying out hurdle mobility exercises which stretched my hamstrings and improved my flexibility in my hip joint. This was done twice weekly.

Leg speed whilst hurdling is another strength which I believe I have. When hurdling I can get my front leg down very fast which thus increases the speed of the overall technique. This allows me to get my strides in effectively between each hurdle and ensure that my lead leg is ready and I approach each hurdle at just the right time and distance to ensure that I do not have to adjust my stride or speed or hesitate in anyway, this allows me to pass opponents in races by not slowing down while hurdling. This is because of my leg speed and being able to get my lead leg down quickly. This was achieved by focusing a lot on my leg action and stride length when hurdling.

**Weakness(es)** - This involves the identification of the nature/cause of the weakness(es), including possible reason(s) for problems/faults.

The speed of my arms when hurdling is a weakness which can be detrimental in short races. This is because I tend to focus more on my legs and leg action. I believe that I strengthened my legs much more than I did my arms in training resulting in this. This means my arms are sometimes slower than they should be. Correct arm action is important in order to avoid unwanted rotation, my arms should be at right angles at the elbows when running with my fingers spread apart, When hurdling my arm should reach out towards the opposite leading leg and then I must continue my the sprinting arm action after I overcome the hurdle. I must find a balance in focusing both on my arms and my legs in order to prevent losing too much speed when hurdling. Strengthening the arms through weight training would also improve this.

My reaction time and speed at the beginning of the race tends to be another weakness when competing. I find that this is due to the fact that I am afraid of false starting which would result in disqualification. I find that if I am anxious before a race then my reaction time suffers therefore anxiety may also be part of the cause. The more I practice and have confidence in my starting the more relaxed and confident I will become, It is essential to get a good start out of my blocks and to get my front foot down quickly to secure a good position and get a good lead in the race. I need to develop a good start and acceleration to the first hurdle in order to get a better start.

**Improving Performance** – Identifying what actions are needed for improvement and deciding on and prioritising areas for improvement so as to increase strength(s) and/or diminish weakness(es).

Deciding on and prioritising the aspect(s) of a performance/ outcome to be improved (skill, technique, component of fitness, strategies, tactics, composition).

The aspect I would like to improve on is building speed effectively when coming out of the blocks and therefore improve my start. The reason this is my biggest weakness is because a good start is essential to gain a good position and get ahead of the other hurdlers in any competitive race and reaction time and speed when coming out of the blocks and accelerating to the first hurdle are very important when it comes to this. By improving my start it will allow me to get ahead of my opponents.

Corrective measures to help improve performance.

I will practice starts and do up to 20m sprints initially as I need to improve my speed and this will mimic race conditions which will help my mental focus before the start of the race. I must also improve my technique out of the blocks by bringing my right knee up sharply towards my chest while my other leg is vertical to the ground and my foot is dorsi-flexed. I should quickly bring my arms into action. The faster I pump my arms the faster my legs will go meaning I will need to work on my speed and power of my arms. Practising these sprints will improve my start considerably. I will do a walk back recovery after each rep and wait until my heart rate has returned to resting heart rate before completing the next set of reps.

In order to improve my start out of the blocks and speed I will apply the principles of overload and progression in order to further my abilities in starting a race while coming out of the blocks and gaining speed at the beginning. I will increase the distances as well as the frequency of the sprints I will be carrying out for ten weeks using correct technique. I will need a starter and a timekeeper and someone to film me.

Do a start and run 10m and then another at 20m, then over the first hurdle – these will all be filmed and the distances marked out with different coloured cones, and I will be timed to each cone and then when I have gone over the hurdle and am halfway to the next one. This will be my starting platform for comparison of future results and help me track my progress.

Under race conditions sharply come out of the blocks and sprint for 5 strides focusing on reacting to the gun and acceleration mainly. Do this 10 times. Do six 10m sprints following this which will be timed. And four 20m sprints.

Under race conditions again come out of the block and sprint for 10m. Do this 10 times. Do six times 20m sprints, when 10m have been reached concentrating on speed. These will be timed to help me monitor improvements.

Under race conditions, against my training partners, sharply come out of the blocks and sprint for 20 strides focusing on getting the front foot down quickly and accelerating with the use of powerful arms. Do eight times 20m sprints. These will be timed and compared to previous results.

Start and sprint flat out at highest intensity possible and accelerate to top speed. This should be done 10 times. After a full recovery do another 10 20m sprints and with the times all gathered a comparison from my first sprint can be made and this will allow me to see how much I have improved on my reaction time and speed coming out of the blocks.

As the weeks progress I will increase the distances until I get up to 62.5m sprints out of the block and include going over the first hurdle. (30m, 40m then 45m as this is the distance to the first hurdle, then 62.5m to include going over the first hurdle). By week 6 the distance will be 30m. Week 7 it will be 40m and weeks 8 -10 I will be going over the first hurdle and timed to the marker halfway to the next hurdle 62.5m.

Action plans to monitor improvement. How to monitor and evaluate progress towards improved quality of performance/outcome.	Week	Monitoring	Number of sprints	Times for the sprints	Max Heart Rate
	1	Video analysis, timing & coach feedback	1 x 10 1 x 20		85%- 95% (173-194 bpm)
	2	Timing	6 x 10 4 x 20		85%- 95%
	3	Timing	6 x 20		85%- 95%
	4	Timing	8 x 20		85%- 95%
	5	Video analysis, timing & coach feedback	10 x 10 10 x 20		85%- 95%
	6	Timing	10 x 20 10 x 30		85%- 95%
	7	Timing	10 x 30 10 x 40		85%- 95%
	8	Video analysis, timing & coach feedback	8 x 40 10 x 62.5		85%- 95%
	9	Timing	10 x 45 10 x 62.5		85%- 95%
	10	Video analysis, timing & coach feedback	10 x 10 10 x 20 10 x 62.5		85%- 95%

Each week at training time the sprints and record these times over each week in order to monitor improvements. Heart rate will be monitored as I will wear an HR monitor, and it should be working at 85%-95% of maximum heart rate for the sprints. (220 – 16 = 204, 85%-95% = 173-194 bpm) I would hope that the times for my short sprints will start to decrease slightly as the weeks progress. By looking at the timings for each rep and set I will be able to see how much quicker I am getting. I will ask my coach to video my 20m sprints so I can see for myself how well I am improving. This will allow me to see if my front leg is coming down fast enough and allow me to assess my overall technique of coming out of the blocks. I will also ask my coach for advice that he has about how my technique is improving and anything that still needs to be done to make it even better. In training I will get my training partners to start alongside me and then I can race against them up to and over the first hurdle, I will be able to judge my progress as I will know how much closer I am getting to them and hopefully I may even be able to match some of them and possibly even beat some to that first hurdle. When the competitive season begins this will allow me to take part in a competition and based on my performance I will be able to assess how much I have improved with regards to improving my PB and the comments that my coach gives me on my performance over the full distance under race conditions. I can also get someone to time me to the halfway stage between hurdle 1 and 2 and keep a record of this.

Version 1.2

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Centre No

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Candidate No

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Self

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Candidate Name

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Activity

Goalkeeper football

Other

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**Evaluating Performance** – Analyse performance and make judgements using appropriate technical terminology. This should be in relation to the range and quality of skills, and the range and effectiveness of fitness, tactics, strategies or compositional ideas. Students are expected to look at a performance or consider their own, and will be marked on their ability to identify at least one strength and one weakness, which need to be fully explained.

**Strength(s)** - This involves the identification of the nature/cause of the strength(s).

One of my strengths is strong hands. As a goalkeeper, having strong hands is key to enable me to stop the ball from a shot, so I regularly train to strengthen them, in order to be able to stop and hold the ball. Another of my strengths is co-ordination. As a goalkeeper, having good co-ordination enables you to make a save whilst also watching the ball for sudden changes. I train on this by using a reaction ball, meaning I have to watch the ball for unexpected bounces. Another strength of mine is good technique. Having good technique enables me, as a player, to perform better, may it be diving to make a save, or kicking a ball. I train the correct technique for each part of my performance, to enable me to perform better. I also have good reaction time as a strength. As a goalkeeper, good reaction time is essential as it enables me to react to a stimulus e.g. a deflection, quickly in order to be able to recover myself from the previous save I was making before the deflection. I train for this by doing various reaction tests, to speed up my reaction time.

Speed is another one of my strengths. However it is not essential as a goalkeeper to have speed, it is useful when closing down the ball/player on 1-on-1 situations. This will help to put off the player, making them scuff their shot. It also helps me when I need to run out to get a loose ball; I am able to close it down quickly to put it back up into the oppositions half quicker, to start our attack quicker. I train my speed by doing little sprint tests, such as shuttle runs, with and without a parachute, which helps increase the drag I have to compete with, building up speed for normal situations

**Weakness (es)** - This involves the identification of the nature/cause of the weakness (es), including possible reason(s) for problems/faults.

In football, kicking a football is key, and although my out of hand kicking ability is good, my dead ball situations are a weakness. My technique isn't very good. I try to kick the ball with too much force, this results in the kick going wrong. This can lead to goals being scored as the opposition get the ball and attack. Another one of my weaknesses is talking. As a goalkeeper, having a loud voice to tell people commands like 'Keepers' makes sure that you get the ball, or a tactic is played. But although I have a loud voice, I don't tend to use it. This causes confusion amongst the team and, in some cases, can lead to goals being conceded. It also means that my teammates have to shout for me, which is bad as they should be concentrating on shielding the ball, not shouting for me.

**Improving Performance** – Identifying what actions are needed for improvement and deciding on and prioritising areas for improvement so as to increase strength(s) and/or diminish weakness (es).

<p>Deciding on and prioritising the aspect(s) of a performance/ outcome to be improved (skill, technique, component of fitness, strategies, tactics, composition).</p>	<p>The aspect of my performance that needed to be improved is my dead ball kicking. This can be done by learning the correct technique, then practicing it. This can be done slowly, then sped up to match speeds. This will lead me to be able to correctly kick the ball far and accurately in matches.</p>
<p>Corrective measures to help improve performance.</p>	<p>The correct measures I need to undertake to improve my performance are;          Training, I have to train myself into learning the correct technique and how to apply it to gain the understanding of how to do it correctly. This will help me be able to apply the techniques learned in my training and then in games, in order to improve my performance levels. People are able to see this improvement each time I play due to the training I undertake. They then comment to me on it, this boosts my confidence, and makes me want to work on it even more.</p>
<p>Action plans to monitor improvement. How to monitor and evaluate progress towards improved quality of performance/outcome.</p>	<p>To monitor my performance with my kicking, I will set targets, such as accuracy, where I see how accurate I am at the start, then at the end of my training, to see my progression in my improvements. These targets I will make even harder every time, this will help me to work harder in order to improve my kicking better.</p> <p>Using the targets will help me to see my improvements as throughout the training; I will see my accuracy of hitting the target being better due to hitting it every time.</p> <p>I will also use match day situation to monitor my progress as it will show flaws in my technique if I cannot accurately kick the ball in a match situation. This can be relayed back into my training so that I can improve even more.</p>

Version 1.2



# Key Process C - Evaluating and improving performance

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Centre No	<input type="text"/>	Candidate No	<input type="text"/>	Self	<input checked="" type="checkbox"/>
Candidate Name	<input type="text"/>	Activity	<u>Rounders</u>	Other	<input type="checkbox"/>

**Evaluating Performance** – Analyse performance and make judgements using appropriate technical terminology. This should be in relation to the range and quality of skills, and the range and effectiveness of fitness, tactics, strategies or compositional ideas. Students are expected to look at a performance or consider their own, and will be marked on their ability to identify at least one strength and one weakness, which need to be fully explained.

**Strength(s)** - This involves the identification of the nature/cause of the strength(s).

I always make contact with the ball when I bat because I stay focused, when I bat the ball it goes quite a distance because I use the right technique and stand side ways on, I always aim to hit it into an open space. I use the right technique when throwing because this makes my throwing accurate and go to where I want it to. I also use the right technique when I'm throwing the ball, which helps me throw the ball to where I need to, keeping my eye on the ball helps me to catch the ball. My reaction time is very good as I can react to a catch at the right time. Also when needing to hit the ball from the bowler I can react to a slow or fast ball or a low or high one. When I play rounder's I think about where to hit the ball when I am batting and also when is best to run to achieve a half a rounder or to get back to home safely to achieve a full rounder. Being quite fast is another strength I have for the reason that it helps me to get to one base to another, helping me to achieve a rounder.

**Weakness(es)** - This involves the identification of the nature/cause of the weakness(es), including possible reason(s) for problems/faults.

One of my weaknesses whilst playing rounder's is my concentration , at times I do not stay focused, which at times affects my performance in many ways, it could affect catching throwing or my batting . I am sometimes stiff whilst batting the ball, I do not always stand side ways on, this can affect the speed or the distance the ball travels at. I also now and then make the wrong decision and run when I shouldn't or don't have time to reach a base which results in me being stumped out. My power isn't always as it should be when striking the ball which could make the ball not go as far as it should as it should. My catching technique generally is OK but could improve my consistency. I need to make sure I use the right technique at all times, e.g.; Thumbs together (above chest), little fingers together (below chest).

<b>Improving Performance</b> – Identifying what actions are needed for improvement and deciding on and prioritising areas for improvement so as to increase strength(s) and/or diminish weakness(es).	
Deciding on and prioritising the aspect(s) of a performance/ outcome to be improved (skill, technique, component of fitness, strategies, tactics, composition).	Concentration. The way I stand whilst batting. Power in my arms. Catching consistently. Decision making.
Corrective measures to help improve performance.	I would ask the teacher for feedback on my performance on how to improve it. I could practice playing rounder's by my self when I have any spare time or go to an after school club. I could also video my self then analyse it to see how I could improve my performance and make it better in order to pick up my grade.
Action plans to monitor improvement. How to monitor and evaluate progress towards improved quality of performance/outcome.	I would track the progress by doing specific fitness tests like the Hand grip test for strength. I would also take part in agility tests to test my speed. I would also do the ruler drop test to test my reaction time.