



Theory Attainment Band :	Physical factors affecting performance	
	Skills	Knowledge and Understanding
9	<ul style="list-style-type: none"> Flawlessly factual and perceptive responses that relate accurately to the focus of the question Demonstrate excellent understanding, providing clear and detailed descriptions and explanations Communication in writing is highly effective using appropriate and coherent terminology Spelling, punctuation and grammar is precise 	<p>Components of fitness Know the following components of fitness:</p> <ul style="list-style-type: none"> cardiovascular endurance/stamina <ul style="list-style-type: none"> know the definition of cardiovascular endurance/stamina be able to apply practical examples Cooper 12 minute run/walk test multi-stage fitness test muscular endurance <ul style="list-style-type: none"> know the definition of muscular endurance be able to apply practical examples press-up test sit-up test speed <ul style="list-style-type: none"> know the definition of speed be able to apply practical examples 30m sprint test strength <ul style="list-style-type: none"> know the definition of strength be able to apply practical examples grip strength dynamometer test 1 Repetition Maximum (RM) power <ul style="list-style-type: none"> know the definition of power be able to apply practical examples 'standing jump' or 'vertical jump' tests flexibility <ul style="list-style-type: none"> know the definition of flexibility be able to apply practical examples 'sit and reach' test agility <ul style="list-style-type: none"> know the definition of agility be able to apply practical examples Illinois agility test balance <ul style="list-style-type: none"> know the definition of balance be able to apply practical examples 'stork stand' test co-ordination <ul style="list-style-type: none"> know the definition of co-ordination
8	<ul style="list-style-type: none"> Consistently factual and sustained responses that relate to the focus of the question Demonstrate excellent understanding, providing well-defined explanations and descriptions Communication in writing is highly effective using appropriate and coherent terminology Spelling, punctuation and grammar is precise 	
7	<ul style="list-style-type: none"> Offer factually and sustained responses that relate to the focus of the question Successfully and confidently address all aspects of the question Demonstrate high levels of understanding, providing clear and detailed descriptions and explanations Communication in writing is highly effective using appropriate and coherent terminology Spelling, punctuation and grammar is accurate 	
6	<ul style="list-style-type: none"> Confidently offer factually accurate and sustained responses that closely relate to the focus of the question Demonstrate excellent understanding and provide clear and detailed descriptions and explanations Writing shows strong evidence of communicating ideas with high efficiency and use of appropriate terminology On the whole, spelling, punctuation and grammar is accurate 	
5	<ul style="list-style-type: none"> Responses are consistently factually accurate that closely relate to the focus of the question Demonstrate good understanding and provide clear and detailed descriptions and explanations Writing shows evidence of communicating ideas with efficiency and use of appropriate terminology Spelling, punctuation and grammar is appropriate 	
4	<ul style="list-style-type: none"> Responses are often factually accurate and show some relation to the focus of the question Demonstrate sound understanding and provide adequate descriptions and explanations Writing shows evidence of communicating ideas with limited efficiency and use of appropriate terminology Spelling, punctuation and grammar is often adequate 	



3	<ul style="list-style-type: none">• Responses are often inaccurate and show little relation to the focus of the question• Demonstrate basic understanding and provide limited descriptions and explanations• Communication in writing is approaching an adequate level of coherence, using some appropriate terminology• Spelling, punctuation and grammar is developing in consistency	<ul style="list-style-type: none">○ be able to apply practical examples○ 'wall throw' test• reaction time<ul style="list-style-type: none">○ know the definition of reaction time○ be able to apply practical examples○ reaction time ruler test
2	<ul style="list-style-type: none">• Responses are vague and do not relate to the question• Little demonstration of understanding and explanations are often incorrect• Communication in writing is largely ineffective and lacking coherence• Spelling, punctuation and grammar is inconsistent	<ul style="list-style-type: none">• be able to collect and use data relating to the components of fitness.
1	<ul style="list-style-type: none">• Responses do not relate to the question• No demonstration of understanding and explanations are incorrect• Communication in writing is ineffective and disjointed• Spelling, punctuation and grammar is weak	