

## How to answer 6 to 9 mark questions

### YOU MUST ANSWER THE QUESTIONS IN 3 PARTS

#### Assessment Objectives

##### AO1

Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.

This includes knowing and using definitions, understanding and using knowledge.

##### AO2

Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.

This means applying the knowledge that you have learnt to specific sporting and physical activity examples. E.g. where and why is speed vital in a rugby match?

##### AO3

Analyse and evaluate factors that underpin performance and involvement in physical activity and sport.

This means breaking things down into their components (smaller parts) and making a judgement of how successful they can be using justifications from sport or physical activity as evidence for your statements.

#### Example

Q – Explain how a gymnast would use feedback to improve their performance 9 marks.

- What is feedback?
- Names and explanations of types of feedback
- Apply to a gymnast- feedback would be given when/ how / by who?
- Apply to other sports (of your choice?)
- Scenario - e.g. evaluate feedback required for an athlete (name them) are they successful? Why? Evidence?