

ATHLETIC ACTIVITIES

Race Walking

Unit 2564 (AS)

National Governing Body: UK Athletics
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STANDARDISATION

The candidate may be assessed in settings outside the Centre by teachers/coaches/judges other than those within the Physical Education department of the Centre. The Head of Department will be responsible for ensuring the assessments are standardised and accurate where more than one teacher/coach/judge has been involved in the assessment.

ASSESSMENT

The candidate is assessed performing the acquired and developed skills, this being in the event area of Race Walking.

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skills is measured through the elements of technique identified below:

Walking

- posture
- leg action
- foot action
- arm action
- head carriage
- maintenance of contact with the ground
- overall efficiency

These elements that make up the technique of the walker are to be assessed in conjunction with the following assessment criteria of the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

The following are given as suggestions/exemplars of conditioned competitive situations and are not seen as being prescriptive. Centres may devise their own conditioned competitive situations in accordance with the guidelines in Section 2.5 of the Coursework Guideline booklet.

Longer distance 'race walk' race of 5 km or longer, focusing on sustaining technique and pace.

Shorter distance 'race walk' race of 2 km or less, focusing on maintenance and control of technique at speed.

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is the successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of tactics to outwit the opposition. Performances in the conditioned competitive situations have been excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduced a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations have been very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the conditioned competitive situations have been good and improvement reflects satisfactory learning and understanding.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the conditioned competitive situations have become more consistent and progress has allowed some learning and understanding.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate has been able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.