<table>
<thead>
<tr>
<th>Criteria</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
</tr>
</thead>
</table>
| Understanding of key skills which are relevant to the activity and performer and of the strengths and weaknesses observed in the performance | - detailed understanding  
most of the key skills relevant to the performer being analysed are covered  
accurate assessment of strengths and weaknesses | - good understanding  
range of the key skills relevant to the performer being analysed are covered  
accurate assessment of strengths and weaknesses | - sound understanding  
some of the key skills relevant to the performer being analysed are covered  
accurate assessment of strengths and weaknesses | - basic understanding of some of the key skills in the activity  
some attempt to assess strengths and weaknesses, though often not accurate | - identifies some of the key skills in the activity  
little or no attempt to assess strengths and weaknesses |
| Judgement about the performance analysed and what they would aim to improve about it | - accurate judgement based on analysis done  
justifies what they would improve and why | - accurate judgement based on analysis done  
some justification of what they would improve and why | - judgement made but may not relate closely to the performance analysed (& would therefore lack justification) | - a basic judgement is made | - some limited statements about the performance may be made, but a judgement may not be reached |
| Action plan                                                            | - detailed & appropriate for targeted skill(s)  
high level of understanding of training principles | - appropriate for targeted skill(s)  
good understanding of training principles | - an action plan is produced for the targeted skill(s)  
some understanding of training principles | - basic action plan for the targeted skill(s)  
limited understanding of training principles | - may make limited suggestions about what to improve about the performance |
| Evaluation of the action plan                                          | - high standard of evaluation  
knowledge of how they would measure the effectiveness of training  
relevant suggestions for improvement of the plan  
this aspect has been considered in the design of the action plan | - good standard of evaluation  
some knowledge of how they would measure the effectiveness of training  
some suggestions for improvement of the plan | - some evaluation is attempted  
some suggestions for improvement of the plan are made | - basic statements made about the action plan  
may include limited suggestions as to how to improve the plan | - little or no attempt at evaluation |

Mark awarded  
20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1
Guidance on the use of this assessment grid

- In general, a ‘best-fit’ approach should be taken; therefore you should consider at which level each aspect of the criteria is most applicable to the work being assessed; although we have not broken the task down into a prescribed number of marks for each section, clearly some aspects are fundamental to the success of the piece of work and some professional judgement needs to be used.

- For example, if the introductory section showing understanding of different lifestyle components relevant to the person being analysed is in Level 1, as is the last section showing knowledge of how to measure improvement, but the actual data/research analysis, judgement on lifestyle and action plan are all in Level 5, then it would end up somewhere in Level 4.

- An assessment grid should be used for each candidates work and for those candidates moderated the grid should be enclosed with the work sent to the moderator.