

PHYSICAL EDUCATION Advanced Subsidiary (2564)

Additional Activity

COMBAT ACTIVITIES

WRESTLING

National Governing Body:

British Amateur Wrestling Association
Wrestling Academy
40 Great Clowes Street
Salford

www.britishwrestling.co.uk

Assessment

The candidate is assessed in the selection and application of acquired and developed skills, tactical awareness and behaviour in a conditioned competitive situation, which focuses on:

- Groundwork
- Attacking

The level of success of the acquired and developed skill will be measured through the movement phases identified below:

- Groundwork

controlling an opponent
execution (attack moves on the ground – gut wrench, waist roll, leg ride, west point from behind)
completion / effectiveness
overall efficiency

- Attacking

entry (penetration step)
grip
set up, offset balance (attack moves standing – double leg, single leg, high crutch, duck under, arm drag)
timing
throw (fireman's carry, flying mare), completion (score by pin / points),
effectiveness
overall efficiency

These assessment phases are used in conjunction with the assessment criteria for formal competitive situations.

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 contests. 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 contests 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 contests. There is an attempt to select and apply advanced techniques in the contests 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 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.