

## **GYMNASTIC ACTIVITIES**

### **Ice (Figure) Skating**

**National Governing Body:** The National Ice Skating Association of Great Britain (NISA)

#### **ASSESSMENT**

Assessment and Standardisation will take place at an appropriate venue. The candidate will be working on this activity with her coach. The Head of Department will make contact with the coach to explain the assessment criteria prior to a collaborative assessment visit at the appropriate venue. Video evidence will be provided.

#### **AS Level**

The candidate will use the conditioned activity situations as illustrated in *Appendix 1* and establish strengths and weakness in performance as discussed with the Head of Department. This will form the basis for an Action Plan which will be recorded in the candidate's Personal Performance Portfolio. The final assessment will take place after an extended period of training. The candidate will undertake evaluation of their performance and the progress made will be discussed in the PPP. Video evidence at intervals will aid this process. The Head of Department will meet with the coach for assessments.

#### **A2 Level**

The effective performance for A2 will take place at an appropriate venue using the criteria as set in *Appendix 2*. Standardisation will take place by the Head of Department during a formal competitive situation or actual performance in a recognised competition. The Evaluation and Appreciation of Performance through Observation and Synopsis of Knowledge will take place using open-ended questioning as illustrated by OCR.

#### **Personal Performance Portfolio**

All aspects for the PPP can be met by the inclusion of Ice (Figure) Skating:

#### **Section A**

This will be a working document in which candidates will be able to apply the theoretical aspects covered in units 2562 and 2563 to the practical activity of Ice (Figure) Skating showing a development in their understanding of the course.

#### **Section B**

With help and guidance, candidates will identify their strengths and weaknesses and record these in their PPP. From this they will formulate an action plan and target areas for development. They will keep a training log and record their personal experiences and improvements made. After an extended period of training they will evaluate their overall progress. Video footage will aid the process of identification of strengths / weaknesses and evaluation of progress made.

## **GYMNASTIC ACTIVITY**

### **Ice (Figure) Skating**

### **Unit 2564 (AS)**

The candidate is assessed selecting and performing acquired and developed skills in the form of a short sequence incorporating ten elements from those identified below with at least one from each section:

#### **1. Step Sequence**

- Perimeter stroking forwards clockwise and counter-clockwise
- Figure 8 backward crossovers, clockwise and counter-clockwise
- Perimeter power crossover stroking
- Straight line step sequence
- Forward drag

#### **2. Spins and Spirals**

- Upright or cross-toe spin
- Split spin
- Camel spin
- Forward spiral
- Backward spiral

#### **3. Jumps**

- Salchow
- Toe loop
- Flip
- Lutz
- Axel Paulsen
- Split-jump
- Loop/loop combination

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 skill is measured through the movement phases identified below:

- Shape
  - aesthetic quality
  - consistency
  - control
  - overall efficiency
- Form
  - the quality of the individual elements of the sequence, its accuracy as well as its conformity to regulations
- Consistency
  - continuity / flow of the sequence
  - aesthetic quality
  - quality of the individual elements and the overall sequence in relation to amplitude, timing and spatial awareness
- Control
  - success in both the individual elements and the sequence as a whole

The candidate is assessed out of a maximum of 30 marks.

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

### Gymnastics Activities: Ice (Figure) Skating

Unit 2564

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 successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of composition and choreography. Performances in the conditioned competitive situations are 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 shows a good understanding of the perceptual requirements to perform and introduces a range of successful compositional and choreographic strategies. Performances in the conditioned competitive situations are very good and improvements are 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 is able to introduce and use sound compositional and choreographic strategies to show understanding of the performance requirements. Performances in the conditioned competitive situations are 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 perception of the requirements of performance and is able to introduce and use satisfactory compositional and choreographic strategies. Performances in the conditioned competitive situations 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 is able to incorporate some compositional and choreographic 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.

## **GYMNASTIC ACTIVITY**

### **Ice (Figure) Skating**

### **Unit 2567 (A2)**

The candidate is assessed selecting and applying acquired and developed skills in a formal sequence. The routine should last approximately 3 minutes.

The following regulations apply:

- The candidate **must** produce a written sequence schedule prior to assessment and moderation.
- Music may be used.
- All elements in the sequence should be linked by connecting steps and movements.
- In addition to the AS criteria, the routine should include a minimum from the requirements (in brackets) from the following list:

#### **1. Step Sequence (One Step Sequence)**

- Perimeter stroking forwards clockwise and counter-clockwise
- Figure 8 backward crossovers, clockwise and counter-clockwise
- Perimeter power crossover stroking
- Straight line step sequence
- Forward drag

#### **2. Spins and Spirals (Two Spins & Spiral, fully using the ice surface)**

- Upright or cross-toe spin
- Split spin
- Camel spin
- Forward spiral
- Backward spiral

#### **3. Jumps (Three Jumps)**

- Salchow
- Toe loop
- Flip
- Lutz
- Axel Paulsen
- Split-jump
- Loop/loop combination

The level of success of the acquired and developed skill is measured through the movement phases identified below.

- Shape
  - aesthetic quality
  - consistency
  - control
  - overall efficiency
- Form
  - the quality of the individual elements of the sequence, its accuracy as well as its conformity to regulations
- Consistency
  - continuity / flow of the sequence
  - aesthetic quality
  - quality of the individual elements and the overall sequence in relation to amplitude, timing and spatial awareness
- Control
  - success in both the individual elements and the sequence as a whole

These assessment phases are used in conjunction with the following assessment criteria for the formal sequence.

### Gymnastics Activities: Ice (Figure) Skating

Unit 2567

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 successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of composition and choreography. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation <b>may</b> be an indicator of attainment of this high standard but assessment criteria <b>must</b> still be met.
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 the sequence. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of successful compositional and choreographic strategies. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the sequence. There is a sound level of success in the selection and application of advanced techniques in the sequence and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound compositional and choreographic strategies to show an understanding of the performance requirements. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the sequence. There is an attempt to select and apply advanced techniques in the sequence and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use satisfactory compositional and choreographic strategies. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. 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 is able to incorporate some compositional and choreographic strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate is occasionally in a team.