

ATHLETIC ACTIVITIES

Olympic Weight Lifting

National Governing Body: British Amateur Weight Lifting Association
131 Hurst Street, Oxford, OX4 1HE

STANDARDISATION

Assessment and standardisation will take place away from the Centre. The Physical Education course leader will be working with the strength coach of the club.

The students will be working on this activity within the club with the respective strength coaches. The course leader will meet with the strength coaches to explain the assessment criteria for AS/A2 level – the application of theory to the practical experience and also the practical assessment procedure. At the club the students will be monitored by the teachers within the centre.

SAFETY

At all times the safety procedures will comply with those recommended by BAWLA for Olympic Weight Lifting. During all skills practices the students will use the correct equipment and wear the correct clothing. All practices will be carried out with due regard for safety at all times. Students will be aware of the importance of warm up/cool down and the need to use the equipment safely at all times.

ATHLETIC ACTIVITIES

Olympic Weight Lifting

Unit 2564 (AS)

The candidate is assessed performing the acquired and developed skills of the Clean & Jerk and the Snatch. The candidate's assessed events should be identified clearly on the Assessment sheet. There are two parts to the assessment.

- A) Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skill under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

CLEAN AND JERK

- Safety of lifting area and placement of the bar
- Preparation phase
- Starting position
- First pull
- Second pull
- Lifting catching phase
- Preparation for the jerk
- The Jerk
- Recovery catching phase
- Overall efficiency of the lift

THE SNATCH

- Safety of lifting area and placement of the bar
- Preparation phase
- Starting position
- First pull
- Second pull
- Catching of the bar
- The Snatch
- Recovery phase
- Overall efficiency

These assessment phases are used in conjunction with the assessment criteria for 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 competitive situations in accordance with the guidelines given in section 2.5 of the Coursework Guidelines Booklet.

The clean and jerk lift:

- Deadlift cleans, focusing on development grip and starting position techniques
- High pull lifts, focusing on the initial phases of the lift (first, second pull)
- Push press lifts, focusing on the jerk phase of the lift
- Hang cleans, focusing on the second pull and catching of the bar
- Hang cleans to jerk, focusing on the second pull phase, catch and jerk

The snatch lift:

- Deadlift snatch, focusing on the developing the grip and starting position techniques
- Snatch high pulls, focusing on the first and second pulls of the lift
- Hang snatch pull, focusing on the second pull of the lift
- Hang snatch, focusing on the second pull and catching phase of the lift
- Snatch press, focusing on the catching phase of the lift

Athletic Activities: Olympic Weight Lifting**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 tactics to outwit the opposition. 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 tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations are very good and improvement 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 tactics and strategies to show a sound understanding of the performance requirements against opposition. 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 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 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 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.

ATHLETIC ACTIVITIES

Olympic Weight Lifting

Unit 2567 (A2)

The candidate is assessed performing the acquired and developed skills of the Clean & Jerk and the Snatch. The candidate's assessed events should be identified clearly on the Assessment sheet. There are two parts to the assessment.

- A) Assessment is based on performance in a formal competitive situation where the candidate performs the acquired and developed skill under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

CLEAN AND JERK

Preparation phase
Starting position
First pull phase
Second pull phase
First catch
First recovery phase
Jerk
Second catch
Second recovery phase
Placement of the bar

Preparation phase

Relaxed focussed approach to the bar, check safety of the lifting area and equipment ensure that bar is placed correctly on the platform.

Starting position

Back remains flat, heels flat, feet hip width apart, head facing forwards and in line with spine, grip at shoulder width apart, secure grip, relaxed arms, shins close to the bar, elbows out, chest proud, weight towards the front of the foot.

First pull

Extension of the knees is the first dynamic movement of the lift and is responsible for the bar raising to just above knee level. Throughout this movement the bar remains close to the lifter's shins and the hips should not extend and the knees rapidly re-bend slightly. This aspect of the lift is called the double knee bend.

Second pull phase

The bar will be at mid thigh level, the knees will be flexed, the hip slightly extended and the ankle dorsi-flexed. The lifter rapidly extends the knees and hips together with planter flexion of the ankles. The shoulders are shrugged to complete the pulling part of the lift.

First catch phase

As soon as the pulling part of the lift is complete the lifter pushes the elbows under the bar. The lifter may then drop under the bar to assist this phase of the lift, the elbows are then pushed forwards and upwards to provide a platform for the lifter to catch the bar.

First recovery phase

The lifter holds the bar in a steady position based centrally on the platform, the elbows and chest remaining high and supporting the weight. Breathing should be controlled.

Jerk

The bar is propelled upwards at speed using the legs and arms in an explosive manner. The movement should be fluent and the arms locked at the end of this phase. The lifter should hold this position for 3 seconds or until the officials indicate.

Second catch phase

The bar is to be returned back to the chest in a controlled manner, the elbows still remaining high and the chest still as a platform for the bar.

Second recovery phase

The bar should be dropped to the hips or mid thigh level at a controlled pace.

Placement of the bar

The bar should be placed in a safe condition on the platform, the lifter's head facing forwards and in line with the spine.

THE SNATCH

Preparation phase

Starting position

First pull phase

Second pull phase

Catch

Recovery phase

Placement of the bar

Preparation phase

Relaxed, focussed approach to the bar, check safety of the lifting area and equipment, ensure that bar is placed correctly on the platform.

Starting position

Back remains flat, heels flat, feet hip width apart, head facing forwards and in line with spine, grip wide apart, secure grip, elbows slightly locked, shins close to the bar (at 5 cm), chest proud, weight towards the front of the foot.

First pull

Extension of the knees is the first dynamic movement of the lift and is responsible for the bar raising to just above knee level. Throughout this movement the bar remains close to the lifter's shins and the hips should not extend and the knees rapidly re-bend slightly. This aspect of the lift is called the double knee bend.

Second pull phase

The bar will be a mid thigh level, the knees will be flexed, the hip slightly extended and the ankle dorsi-flexed. The lifter rapidly extends the knees and hips together with planter flexion of the ankles. The shoulders are shrugged and the elbows are rapidly lifted upwards to elevate the bar above the lifters head, the chest remains proud throughout this movement to assist in elevating the bar upwards.

Catch

As the bar is lifted above the lifter's head the lifter then drops underneath the bar and flicks the wrist backwards to assist elevating the bar to it's maximum height above the lifter's head. The lifter then proceeds to lock the elbows out and catch the bar above the head. Once the bar is at its peak height the lifter must ensure the catch phase is secure and strong. The elbows must be locked (not hyperextended) and not bent, the bar must be flicked and not pressed into position.

Recovery phase

The lifter must drop the bar to the hips in a controlled manner, ensuring that the bar is not dropped on the platform. The head must remain forwards and the back flat, chest proud.

Placement of the bar

The bar should be placed in a safe position on the platform, the lifter's head facing forwards and in line with the spine.

These assessment phases are used in conjunction with the assessment criteria.

B) Assessment is based on the performance as measured against the performance assessment tables (see Appendix 1)

The event is marked out of a total of 90 marks, calculated as follows:

Critical assessment mark (out of 30) + performance assessment mark out of 60 = mark for the event

The total mark for Olympic Weight Lifting is then calculated as follows:

$$\frac{\text{MARK FOR LIFTS}}{3} = \text{TOTAL MARK FOR OLYMPIC WEIGHT LIFTING}$$

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 tactics to outwit the opposition. 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 may be an indicator of attainment of this high standard but assessment criteria must 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 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 tactics and strategies to use successfully against the opposition. 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 may be an indicator of attainment of this standard but assessment criteria must 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 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 tactics and strategies to show a sound understanding of the performance requirements against opposition. 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 may be an indicator of attainment of this standard but assessment criteria must 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 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 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 little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must 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 tactics and 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.

Female combined lifting tables

2567 combined lifting table for snatch, clean and jerk scores based on the U18 qualifying standards for the British Championships 2002

CLASS POINTS	48KG	53KG	58KG	63KG	69KG	75KG	75+KG
60	60	72.6	75	78.2	84.6	90	95.6
59	59	71.4	73.75	76.9	83.2	88.5	94
58	58	70.2	72.5	75.6	81.2	87	92.4
57	57	69	71.25	74.3	79.8	85.5	90.8
56	56	67.8	70	73	78.4	84	89.2
55	55	66.6	68.75	71.7	77	82.5	87.6
54	54	65.4	67.5	70.4	75.6	81	86
53	53	64.2	66.25	69.1	74.2	79.5	84.4
52	52	63	65	67.8	72.8	78	82.8
51	51	61.8	63.75	66.5	71.4	76.5	81.2
50	50	60.6	62.5	65.2	70	75	79.6
49	49	59.4	61.25	63.9	68.6	73.5	78
48	48	58.2	60	62.6	67.2	72	76.4
47	47	57	58.75	61.3	65.8	70.5	74.8
46	46	55.8	57.5	60	64.4	69	73.2
45	45	54.6	56.25	58.7	63	67.5	71.6
44	44	53.4	55	57.4	61.6	66	70
43	43	52.2	53.75	56.1	60.2	64.5	68.4
42	42	51	52.5	54.8	58.8	63	66.8
41	41	49.8	51.25	53.5	57.4	61.5	65.2
40	40	48.6	50	52.2	56	60	63.6
39	39	47.4	48.75	50.9	54.6	58.5	62
38	38	46.2	47.5	49.6	53.2	57	60.4
37	37	45	46.25	48.3	51.8	55.5	58.8
36	36	43.8	45	47	50.4	54	57.2
35	35	42.6	43.75	45.7	49	52.5	55.6
34	34	41.4	42.5	44.4	47.6	51	54
33	33	40.2	41.25	43.1	46.2	49.5	52.4
32	32	39	40	41.8	44.8	48	50.8
31	31	37.8	38.75	40.5	43.4	46.5	49.2

Female combined lifting tables

CLASS POINTS	48KG	53KG	58KG	63KG	69KG	75KG	75+KG
30	30	36	37.5	39.2	42	45	47.6
29	29	34.8	36.25	37.9	40.6	43.5	46
28	28	33.6	35	36.6	39.2	42	44.4
27	27	32.4	33.75	35.3	37.8	40.5	42.8
26	26	31.2	32.5	34	36.4	39	41.2
25	25	30	31.25	32.7	35	37.5	39.6
24	24	28.8	30	31.4	33.6	36	38
23	23	27.6	28.75	30.1	32.2	34.5	36.4
22	22	26.4	27.5	28.8	30.8	33	34.8
21	21	25.2	26.25	27.5	29.4	31.5	33.2
20	20	24	25	26.2	28	30	31.6
19	19	22.8	23.75	24.9	26.6	28.5	30
18	18	21.6	22.5	23.6	25.2	27	28.4
17	17	20.4	21.25	22.3	23.8	25.5	26.8
16	16	19.2	20	21	22.4	24	25.2
15	15	18	18.75	19.7	21	22.5	23.6
14	14	16.8	17.5	18.4	19.6	21	22
13	13	15.6	16.25	17.1	18.2	19.5	20.4
12	12	14.4	15	15.8	16.8	18	18.8
11	11	13.2	13.75	14.5	15.4	16.5	17.2
10	10	12	12.5	13.2	14	15	15.6
9	9	10.8	11.25	11.9	12.6	13.5	14
8	8	9.6	10	10.6	11.2	12	12.4
7	7	8.4	8.75	9.3	9.8	10.5	10.8
6	6	7.2	7.5	7.8	8.4	9	9.2
5	5	6	6.25	6.5	7	7.5	7.6
4	4	4.8	5	5.2	5.6	6	6
3	3	3.6	3.75	3.9	4.2	4.5	4.8
2	2	2.4	2.5	2.6	2.8	3	3.2
1	1	1.2	1.25	1.3	1.4	1.5	1.6

Male combined lifting tables

2567 combined lifting table for snatch, clean and jerk scores based on the U18 qualifying standards for the British Championships 2002

CLASS POINTS	56KG	62KG	69KG	77KG	85KG	94KG	94+KG	105KG	105+KG
60	122	145	150	165	179	195	241.5	224.5	240
59	120	142.5	147.5	162.5	176	191.75	238	220.75	236
58	118	140.5	145	159.5	173	188.5	234.5	217	232
57	116	138.25	142.5	156.75	170	185.25	231	213.25	228
56	114	136	140	154	167	182	196	209.5	224
55	112	133.75	137.5	151.25	164	178.25	192.5	205.75	220
54	110	131.5	135	148.5	161	175.5	189	202	216
53	108	129.5	132.5	145.75	158	172.25	185.5	198.25	212
52	106	127	130	143	155	169	182	194.5	208
51	104	124.75	127.5	140.25	152	165.75	178.5	190.75	204
50	100	122.5	125	137.5	149	162.5	175	187	200
49	98	120.25	122.5	134.5	146	159.25	171.5	183.25	196
48	96	118	120	132	143	156	168	179.5	192
47	94	115.75	117.5	129.5	140	152.75	164.5	175.75	188
46	92	113.5	115	126.5	137	149.5	161	172	184
45	90	111.25	112.5	123.75	134	146.25	157.5	168.25	180
44	88	109	110	121	131	143	154	164.5	176
43	86	106.75	107.5	118.25	128	139.75	150.5	160.75	172
42	84	104.5	105	115.5	125	136.5	147	157	168
41	82	102.25	102.5	112.75	122	133.25	143.5	153.25	164
40	80	100	100	110	119	130	140	149.5	160
39	78	97.5	97.5	107.25	116	126.75	136.5	145.75	156
38	76	89.5	95	104.5	113	123.5	133	142	152
37	74	87.25	92.5	101.75	110	120.25	129.5	138.25	148
36	72	85	90	99	107	117	126	134.5	144
35	70	82.75	87.5	96.25	104	113.75	122.5	130.75	140
34	68	80.5	85	93.5	101	110.5	119	127	136
33	66	78.25	82.5	90.75	99	107.25	115.5	123.5	132
32	64	72	80	88	96	104	112	119.5	128
31	62	69.75	77.5	85.25	93	100.75	108.5	115.75	124

Male combined lifting tables

CLASS POINTS	56KG	62KG	69KG	77KG	85KG	94KG	94+KG	105KG	105+KG
30	60	67.5	75	82.5	90	97.5	105	112	120
29	58	65.2	72.25	79.5	87	94.25	101.5	108.25	116
28	56	63	70	77	84	91	98	104.5	112
27	54	60.75	67.5	74.25	81	87.75	94.5	100.75	108
26	52	58.5	65	71.5	78	84.5	91	97	104
25	50	56.25	62.5	68.75	75	81.25	87.5	93.75	100
24	48	54	60	66	72	78	84	90	96
23	46	51.75	57.5	63.25	69	74.75	80.5	86.25	92
22	44	49.5	55	60.5	66	71.5	77	82.5	88
21	42	47.25	52.5	57.75	63	68.25	73.5	78.75	84
20	40	45	50	55	60	65	70	75	80
19	38	42.75	47	52.25	57	61.75	66.5	71.25	76
18	36	40.5	45	49.5	54	58.5	63	67.5	72
17	34	38.5	42.5	46.75	51	55.25	59.5	63.75	68
16	32	36	40	44	48	52	56	60	64
15	30	33.75	37.5	41.25	45	48.75	52.5	56.25	60
14	28	31.5	35	38.5	42	45.5	49	52.5	56
13	26	29.25	32.5	35.75	39	42.25	45.5	48.75	52
12	24	27	30	33	36	39	42	45	48
11	22	24.75	27.5	30.25	33	35.75	38.5	41.25	44
10	20	22.5	25	27.5	30	32.5	35	37.5	40
9	18	20.25	22.25	24.75	27	29.25	31.5	33.75	36
8	16	18	20	22	24	26	28	30	32
7	14	15.75	17.5	19.25	21	22.75	24.5	26.25	28
6	12	13.5	15	16.5	18	19.5	21	22.5	24
5	10	11.25	12.5	13.75	15	16.25	17.5	18.75	20
4	8	9	10	11	12	13	14	15	16
3	6	6.75	7.5	8.25	9	9.75	10.5	11.25	12
2	4	4.5	5	5.5	6	6.5	7	7.5	8
1	2	2.25	2.5	2.75	3	3.25	3.5	3.75	4