

DANCE ACTIVITIES

Artistic Roller Skating

Unit 2564 (AS)

National Governing Body: Federation of Artistic Roller Skating
3 Foundation Street, Ipswich, Suffolk IP4 1BG
Tel: 01473 401 430
www.fars.co.uk

ASSESSMENT

The candidate is assessed on their ability to choreograph and perform a solo free dance with the use of music as a sound stimulus lasting between two and three minutes. The programme must include the following technical elements:

- Jumps
- Spins
- Steps

Candidates will produce a written programme prior to assessment. This programme **must** be available at moderation.

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 movement phases identified below:

- Shape
 - Style and aesthetic quality
 - Control-movement
 - Variation of the use of the floor space
 - Overall efficiency
- Form
 - The quality of the individual elements of the sequence, its accuracy as well as its conformity to regulations.
- Consistency
 - The continuity of the programme
 - The aesthetic quality
 - The quality of the individual elements and the overall programme in relation to amplitude, timing and spatial awareness.
- Control
 - Success in both the individual elements and the programme as a whole.

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

Basic Skills and Techniques

Basic Step from forwards to backward
 Step from backward to forwards
 Outside and inside three turns
 Mohawks
 One foot spin
 Three jump
 Toe loop

Advanced Salchow
 Spin F/O
 Loop jump
 Sit spin
 Flip
 Spin B/O
 Step sequence
 Spin combination
 Jump combination
 Axel

Three turns – On a forward outside edge to a back inside edge on the same foot and a forward inside edge to a backward outside edge on the same foot.

One foot spin – Any one foot upright spin minimum 3 revolutions with a good entry.

Three jump – Take-off forward outside to back outside on opposite foot. ½ revolution.

Toe loop – Take-off outside with toe to back outside on same foot. 1 revolution.

Salchow – Take-off back inside to back outside on opposite foot. 1 revolution.

Spin F/O – Forward outside upright spin. Minimum 3 revolutions.

Loop jump – Take-off backwards outside to back outside on the same foot. 1 revolution.

Sit spin – Back inside sit spin. Minimum 3 revolutions. The spin should be skated so that the hip is at least as low as the tracing knee.

Flip – Take-off back inside with toe to back outside on opposite foot. 1 revolution.

Spin B/O – Back outside spin. Minimum 3 revolutions.

Step sequence – A diagonal straight line step sequence. Min ¾ the length of the rink.

Spin combination – Combination spin with minimum 3 positions including 2 different positions on different edges. Minimum 3 revolutions in each position.

Jump combination – Combination of Lutz, half loop, flip, no linking steps or Lutz, loop, toe loop, no linking steps.

Axel – Take-off forward outside to back outside on opposite foot. 1½ revolutions.

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 has introduced appropriate strategies and demonstrates an understanding of composition and choreography. 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 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 have been 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 has been 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.

STANDARDISATION

The activity will be standardised by an experienced assessor and adjudicator of Artistic Roller Skating. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Artistic Roller Skating to those in other activities, so that consistency in assessment may be established.

DANCE ACTIVITIES

Artistic Roller Skating

Unit 2567 (A2)

ASSESSMENT

The candidate is assessed on their ability to choreograph and perform an Original Set Pattern (OSP). An OSP is an original dance where the candidate makes up their own dance pattern to a certain type of music for example Jive, Waltz, Tango, Polka, Rumba, Cha Cha, Charleston, Foxtrot, Paso Doble, Samba. (This pattern **must** be available at moderation.)

Skaters must choose their own music, tempo and composition. Only music with a constant and regular tempo may be used. The dance must be composed of 2 repetitive sequences, or 4 x ½ sequences. Each sequence, which can start anywhere, must cover one complete circuit of the rink surface. The original set pattern dance will use music as a sound stimulus lasting a maximum of 2 minutes 40 seconds and no less than 1 minute 50 seconds.

Also, in addition to this, the skater must choose and perform two Inter Silver dances from the set patterns created by the British Federation of Artistic Roller Skating. The choices are from the following: -

Dances	Tempo	
European Waltz	120	4 sequences
Keats Foxtrot	96	4 sequences
Blues	88	2 sequences
Imperial Tango	104	4 sequences

Assessment is based on performance in a formal 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**
 - Style and aesthetic quality
 - Control-movement
 - Variation of the use of the floor space
 - Overall efficiency
- **Form**
 - The quality of the individual elements of the sequence, its accuracy as well as its conformity to regulations.
- **Consistency**
 - The continuity of the programme
 - The aesthetic quality
 - The quality of the individual element and the overall programme in relation to amplitude, timing and overall awareness.
- **Control**
 - Success in both Set dances and the Original Set Pattern programme as a whole.

These assessment phases are used in conjunction with the following assessment criteria for the formal competitive situations. The candidate is assessed out of a maximum of 30 marks.

DANCE ACTIVITIES: Artistic Roller 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 performance pressures. The candidate introduces strategies at a high level and demonstrates an understanding of sequence composition and choreography. Performances in the formal performance 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 the dance. Under performance 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 sequence compositional and choreographic strategies. Performances in the formal performance 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 dance. There is a sound level of success in the selection and application of advanced techniques in the dance and under performance pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound sequence compositional and choreographic strategies to show an understanding of the performance requirements. Performances in the formal performance 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 dance. There is an attempt to select and apply advanced techniques in the dance and under performance 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 a satisfactory compositional and choreographic strategies. Performances in the formal performance 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 compositional and choreographic strategies with a limited perception of the requirements of performance. Performances in the formal performance situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate dances occasionally in a team.

STANDARDISATION

The activity will be standardised by an experienced assessor and adjudicator of Artistic Roller Skating. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Artistic Roller Skating to those in other activities, so that consistency in assessment may be established.