

GYMNASTIC ACTIVITIES

Sports Acrobatics (women)

Unit 2564 (AS)

Governing Body: British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB

The candidate is assessed selecting and performing acquired and developed skills in tumbling and short agility sequences. These comprise:

(i) Tumbling

Each tumbling run should contain three moves.

- (a) straight run (round off and two flips)
- (b) board run (stretch jump from board, round off and flick)

Equipment – Tumbling mats of 30 metres maximum length and a springboard.

(ii) Floor work (pairs or trios)

Three short sequences. Each short sequence should contain four different types of movement from the following:

- (a) Stationary balances (3-4 seconds)
- (b) Tempo moves (moves requiring support of another person)
- (c) Elements
(Splits, tumbles, round off jump $\frac{1}{2}$ turn, round off star jump, forward roll jump $\frac{1}{2}$ turn)
- (d) Basic movements
(Headstand, handstand, forward/ backward roll, cartwheel, jumps, leaps)

Linking movements should join these four different types of movements.

Agilities may be used in more than one sequence but a range of acquired and developed agilities must be performed.

Quantitative assessment arises from the number of agilities and sequences achieved by the candidate.

The gym square should be minimum of 10m x 10m. Candidates should produce a written schedule prior to assessment. This schedule must be available at moderation. Music may be used.

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 phases identified below.

Tumbling

- Shape and aesthetic quality
- Take off and landing
- Overall efficiency
- Maintenance of style

Floor agility sequence

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 sequences as a whole.
Strength of movement and co-ordination between fellow team members.

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

STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Sports Acrobatics (women). 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 Sports Acrobatics (women) to those in other activities, so that consistency in assessment may be established.

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 ACTIVITIES

Sports Acrobatics (women)

Unit 2567 (A2)

The candidate is assessed selecting and applying acquired and developed skills in a formal agility sequence. The following regulations apply:

- Agility area 10m x 10m minimum
- No other equipment may be used
- A supporter may stand in but assistance will detract from the mark awarded
- The candidate must produce a written sequence prior to assessment and moderation
- Music may be used

The formal agility sequence should include a minimum of:

- Three stationary balances (3-4 seconds)
- Three tempo moves (moves requiring support of another person)
- Three elements (e.g. splits, tumbles, round off jump $\frac{1}{2}$ turn, round off star jump, forward roll jump $\frac{1}{2}$ turn)
- Three agility moves from; headstand, handstand, cartwheel, backflip, somersault

and a minimum of two linking movements.

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, pairs or trio elements of the sequence, their accuracy and their 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 agility sequence.

STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Sports Acrobatics (women). 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 Sports Acrobatics (women) to those in other activities, so that consistency in assessment may be established.

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 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 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 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 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 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 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 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 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.