

GCSE NEW SPEC PRACTICAL ASSESSMENT BADMINTON



YOU WILL BE ASSESSED IN FOUR OF THESE OUT OF 10:



Serving

Clear Shot

Drop Shot

Drive Shot

Smash

Net Play



IN ISOLATION



TOP LEVEL = 10/10

5	9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, in relation to the following.</p> <p>During their four selected types of shots:</p> <ul style="list-style-type: none">• Appropriate, firm and technically correct grip throughout.• Correct address of the shuttle to difficulty of the shot.• Appropriate and consistent set up.• Correct alignment of feet, body and head, including draw and fade when required.• Fluid swing taking going through full range.• Shuttle hit with consistent and accurate direction and distance, with few, if any, errors.
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MARKED OUT OF 25 FOR IN A GAME SITUATION = MUCH MORE IMPORTANT!



Shot Selection

Variation of Tactics

Quality of Shot

SWOT

Influencing the Game

Attack and defence

Communication with partner

Strategies in open play

Tactics

Rules, Health & Safety

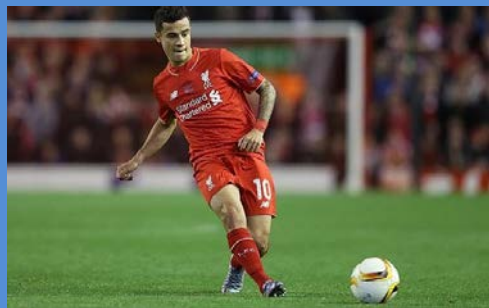
MEDIUM TO TOP LEVEL

Level	Mark	Descriptor	Level	Mark	Descriptor
4	16–20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> Effectively takes into account the demands of the situation leading to appropriate shot selection to create openings to dominate rallies, thereby winning points with effective shots with less reliance on unforced errors of the opponent Appropriate and consistent control, fluency and accuracy of technique/skill, with adaptations and with few errors. Effective responses to playing conditions, such as the temperature and humidity and their impact on the shuttle, appropriately, with minor misjudgements Applies appropriate tactical changes effectively to the selected shot in response to opponents' actions, for example, but with few errors. Adapts effectively but inconsistently to changes in a competitive situation to dominate opponents. 	5	21–25	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> Consistently chooses appropriate shot to return the shuttle and seeks to create openings to dominate rallies, thereby winning points with proactive and effective shots with little reliance on unforced errors of the opponent Appropriate and consistent control, fluency and accuracy of technique/skill, with adaptations as necessary. Effective responses to playing conditions such as the temperature and humidity and their impact on the shuttle, appropriately Applies appropriate tactical changes effectively and consistently to the selected shot in response to opponents' actions. Adapts effectively and consistently to changes in a competitive situation to dominate opponents, such as changing the shot played, capitalising on own strengths and opponent(s) weaknesses.

GCSE NEW SPEC PRACTICAL ASSESSMENT ASSOCIATION FOOTBALL



YOU WILL BE ASSESSED IN FOUR OF THESE OUT OF 10:



Passing

Running with the ball

Tackling

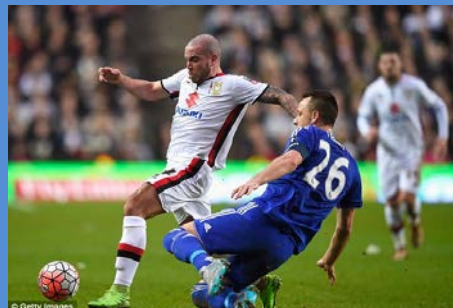
Heading

Turning with the ball

Striking the ball



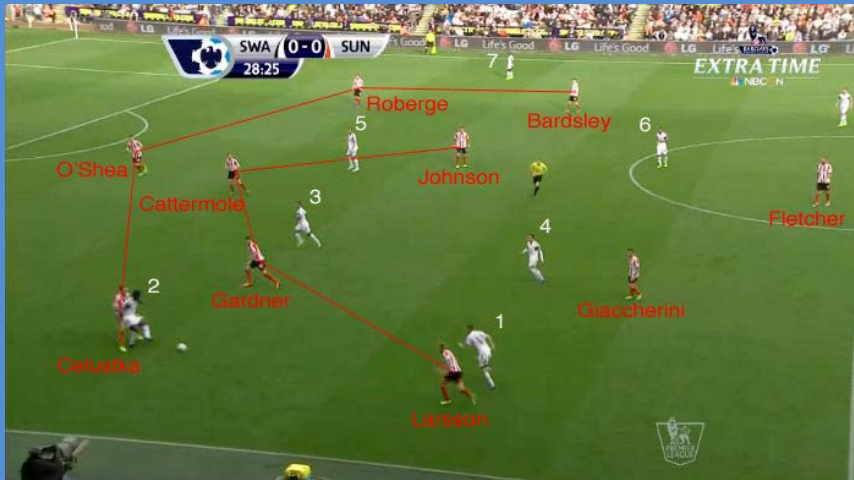
IN ISOLATION



TOP LEVEL = 10/10

Level	Mark	Descriptor
5	9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <p>Skills/techniques:</p> <ul style="list-style-type: none">• passing (short passes - push pass, instep)• running with the ball (dribbling, feints, step overs)• tackling (block, slide)• heading (attack/defence)• turning with the ball - recycling (Cruyff, drag back)• striking the ball (free kicks, shooting - dominant foot).

MARKED OUT OF 25 FOR IN A GAME SITUATION = MUCH MORE IMPORTANT!



First touch

Jockeying

Striking ball

Throw ins and re starts

Possession

Attack and defence

Set plays

Decision making

Tactics

Rules



MEDIUM TO TOP LEVEL

Level	Mark	Descriptor	Level	Mark	Descriptor
4	16-20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Good position-specific skills and techniques. • Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements. • Often able to influence effectively the performance and motivation of self and others, but with minor misjudgements. • Effective communication with good impact during the full sided game, but with misjudgements. • Responds to environmental conditions with some success. • Tactical changes are effective and consistent, but in response to the opposition's actions. • Adapts effectively but inconsistently to changes in a competitive situation to dominate opponents. 	5	21-25	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Very good position-specific skills and techniques. • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Consistently able to effectively influence the performance and motivation of self and others. • Consistent communication during the full sided game with effective impact, with few, if any, misjudgements. • Responds effectively to environmental conditions. • Applies tactical changes effectively and consistently in response to the opposition's actions, with few, if any, misjudgements. • Adapts effectively and consistently to changes in a competitive situation to dominate opponents.

GCSE NEW SPEC PRACTICAL ASSESSMENT HANDBALL



YOU WILL BE ASSESSED IN FOUR OF THESE OUT OF 10:

Passing

Catching

footwork (pivot, running pass, running shot, dribbling)

Evasion (breakthrough, feints with and without a ball)

Shooting where appropriate to position (wing shot, jump shot, dive shot)

Defending (blocking, tackling, interceptions, stealing, man to man, zonal)

Goalkeeping skills (shot stopping – hands, legs, trunk, putting the ball)



IN ISOLATION



TOP LEVEL = 10/10

Level	Mark	Descriptor
5	9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none">• passing (right and left hand, two handed, short, long, stationary, on the move)• catching (one handed, two handed, static, on the move)• control (stability in performance of skills)• footwork (pivot, running pass, running shot, dribbling)• evasion (breakthrough, feints with and without a ball)• shooting where appropriate to position (wing shot, jump shot, dive shot)• defending (blocking, tackling, interceptions, stealing)• goalkeeping skills if appropriate (shot stopping – hands, legs, trunk, putting the ball down, long and short shots, fast attack).

MARKED OUT OF 25 FOR IN A GAME SITUATION = MUCH MORE IMPORTANT!



Contribution to open play (e.g. moving up court, moving into space, creating space, interceptions) in attack and defence

Contribution to set play/moves, (free throws, goalkeeper throw, fast break, throw off, throw in) in attack and defence

Decision making (making correct decision to use techniques as appropriate)

Applying the team strategy in open play and set play

Ability to adapt to the environment and changing circumstances (weather, loss of a player)

Adhering to rules

MEDIUM TO TOP LEVEL

Level	Mark	Descriptor
4	16–20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none">• Good position-specific skills and techniques.• Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements.• Often able to influence effectively the performance and motivation of self and others, but with minor misjudgements.• Effective communication with good impact during the game, but with misjudgements.• Responds to environmental conditions with some success.• Tactical changes are effective and consistent, but in response to the opposition's actions.• Adapts effectively but inconsistently to changes in a competitive situation to dominate opponents.

TOP LEVEL

Level	Mark	Descriptor
5	21–25	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none">• Very good position-specific skills and techniques.• Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements.• Consistently able to effectively influence the performance and motivation of self and others.• Consistent communication during the game with effective impact, with few, if any, misjudgements.• Responds effectively to environmental conditions.• Applies tactical changes effectively and consistently in response to the opposition's actions, with few, if any, misjudgements.• Adapts effectively and consistently to changes in a competitive situation to dominate opponents.

GCSE NEW SPEC PRACTICAL ASSESSMENT ROAD CYCLING



YOU WILL BE ASSESSED IN FOUR OF THESE OUT OF 10:



Preparation for competing

Riding at slow speeds

Holding a line

Sprinting

Climbing

Descending

Cornering

Riding in a group



IN ISOLATION

TOP LEVEL = 10/10

Level	Mark	Descriptor
5	9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none">• Starting on the rollers is performed quickly and without assistance. Able to clip and unclip while on the rollers and also to drink and ride without hands.• One legged drills are carried out effectively and demonstrate a very smooth technique on both legs.• Able to sprint from seated or standing, holds a consistent line.• Sprint with very good effect. Clear differential in speed that is achieved quickly and within a limited number of strokes.• Optimum cadence is quickly achieved through a powerful acceleration phase and supported by an effective seated drive.• Gear selection is very effective and helps a consistent cadence when riding on the flats or when climbing.• Cornering is performed very well with a good entry and exit line leading to carrying speed out of the corner.• Climbing is very effective.• Descending is smooth, quick and safe and carried out at speed.

MARKED OUT OF 25 FOR IN A COMPETITIVE SITUATION = MUCH MORE IMPORTANT!



Timing and technique

Influence and motivate others

Communicate during race

Responds to environment

Change tactics to respond to opponent

Aware of opponents strengths and weaknesses

Very good in a group

Anticipate and beat break away sprinters

Predict changes in terrain and adapt to them

<https://www.youtube.com/watch?v=kWEoBFkwsc0> – Cycling in a team

MEDIUM TO TOP LEVEL

Level	Mark	Descriptor	Level	Mark	Descriptor
4	16–20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements. • Often able to influence effectively the performance and motivation of self and others, but with minor misjudgements. • Effective communication with good impact during the race, but with misjudgements. • Responds to environmental conditions with some success. • Tactical changes are effective and consistent, but in response to the opposition's actions. • Adapts effectively but inconsistently to changes in a competitive situation to dominate opponents. • Has good strategic awareness of the different events within their preferred area of disciplines and rides the different events with these in mind. • Good awareness of their own strengths and performs well within the different events in order to utilise this optimally • Good skills when required to ride in a group • Good drafting skills and consistent ability to anticipate and then cover potential breakaways and sprint finishes • Predicts and anticipates changes in speed and terrain and is consistently able to adjust performance accordingly with consistent success. 	5	21–25	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Consistently able to effectively influence the performance and motivation of self and others. • Consistent communication during the race with effective impact, with few, if any, misjudgements. • Responds effectively to environmental conditions. • Applies tactical changes effectively and consistently in response to the opposition's actions, with few, if any, misjudgements. • Adapts effectively and consistently to changes in a competitive situation to dominate opponents. • Awareness of the strengths and weaknesses of opponents and uses this information to maximise success. • Able to perform comfortably at a very good level of competition without any loss of technique. • Very good skills when required to ride in a group • Very good drafting skills and consistent and effective ability to anticipate and then cover potential breakaways and sprint finishes with considerable success • Able to consistently and effectively predicts and anticipate changes in speed and terrain; able to adjust performance efficiently and with considerable success.

GCSE NEW SPEC PRACTICAL ASSESSMENT TABLE TENNIS



YOU WILL BE ASSESSED IN FOUR OF THESE OUT OF 10:



Serving - Chop, Top and Side Spin

Grip and Ready Position

Movement around the Table

Service Return

Smash

Forehand / Backhand Push



IN ISOLATION



TOP LEVEL = 10/10

Level	Mark	Descriptor
5	9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none">• grip and ready position and movement at and around the table• push – forehand and backhand• topspin drives – forehand and backhand• serves – chop, top spin and side spin• return of serve• loop – forehand and backhand• sidespin loop – forehand• block.

MARKED OUT OF 25 FOR IN A GAME SITUATION = MUCH MORE IMPORTANT!



Tactical Application

Appropriate Shot Selection

SWOT

Playing Conditions

Applying Personal Strategy

Ability to Adapt to Changing Circumstances

Adhering to Rules, Health and Safety



MEDIUM TO TOP LEVEL

Level	Mark	Descriptor	Level	Mark	Descriptor
4	16-20	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Takes into account the demands of the situation leading to appropriate shot selection to create openings to dominate rallies, thereby winning points with effective shots with less reliance on unforced errors of the opponent. • Appropriate and consistent control, fluency and accuracy of technique/skill, with adaptations and with few errors. • Effective responses to playing conditions and their impact on the ball, appropriately, with minor misjudgements • Applies appropriate tactical changes effectively to the selected shot in response to opponents' actions but with few errors. • Makes effective adaptations to changes in a competitive situation with regular success: such as changing the shot played, capitalising on own strengths and opponent(s)' weaknesses, and effectively responding to an opponent dominating the T. 	5	21-25	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Consistently chooses appropriate shot to return the ball and seeks to create openings to dominate rallies, thereby winning points with proactive and effective shots with little reliance on unforced errors of the opponent • Appropriate and consistent control, fluency and accuracy of technique/skill, with adaptations as necessary. • Effective responses to playing conditions and their impact on the ball. • Applies appropriate tactical changes effectively and consistently to the selected shot in response to opponents' actions. • Makes effective adaptations to changes in a competitive situation with considerable success: such as changing the shot played, capitalising on own strengths and opponent(s) weaknesses and responding successfully to an opponent dominating the T.