

National Unit Specification: General Information

UNIT	Sporting Activities - An Introduction (Access 3)
NUMBER	D685 09
COURSE	This is a free-standing unit that may be associated with programmes of study in schools, colleges of further education or other centres.

SUMMARY

On successful completion of this unit, the candidate will be able to perform skilfully at a novice level, identify the appropriate facility and equipment requirements for safe participation and identify the fitness and technique requirements necessary in three selected sporting activities.

This unit is designed for those with little or no previous experience of the sporting activity.

OUTCOMES

- 1 Perform skilfully in the sporting activity at a novice level.
- 2 Identify the appropriate facilities and equipment for safe participation in three selected sporting activities.
- 3 Identify the value of three selected sporting activities to personal fitness.
- 4 Identify the nature of the techniques required in three selected sporting activities.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would find it advantageous to have a high interest and participation rate in any previous physical education classes.

CREDIT VALUE

1 credit at Access 3

Administrative Information

Superclass:	MA
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CORE SKILLS

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

National unit specification: statement of standards

UNIT Sporting Activities - An Introduction (Access 3)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Perform skilfully in the sporting activity at a novice level.

Performance Criteria

- a) Techniques appropriate to a novice level are performed skilfully in each of the selected sporting activities.
- b) Relevant rules and procedures are adhered to during participation in each of the selected sporting activities.

Evidence Requirements

Evidence should be generated through candidates' active participation that satisfies both performance criteria.

The tutor should record evidence of performance, for example through a marked checklist or brief explanatory comment.

The tutor should record for performance criterion (a) the essential elements that are required in a minimum of six relevant techniques for each activity. The tutor should record for performance criterion (b) the relevant rules and procedures required in each activity.

OUTCOME 2

Identify the appropriate facilities and equipment for safe participation in three selected sporting activities.

Performance Criteria

- a) Appropriate facilities are identified for safe participation in three selected sporting activities.
- b) Appropriate equipment is identified for safe participation in three selected sporting activities.
- c) The essential safety requirements for facilities and equipment in each activity are accurately explained.

Evidence Requirements

Oral or written evidence that correctly identifies the appropriate facilities and equipment for safe participation in the three selected sporting activities.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

National unit specification: statement of standards (cont)

UNIT Sporting Activities - An Introduction (Access 3)

OUTCOME 3

Identify the value of three selected sporting activities to personal fitness.

Performance Criteria

- a) Physical fitness factors are correctly identified for each sporting activity.
- b) The general benefits of regular physical exercise are correct identified for sporting activity.

Note on range for the outcome

Physical fitness factors: cardio-respiratory endurance; muscular endurance; speed; strength; power: flexibility.

General benefits: physical; social; emotional.

Evidence Requirements

Oral or written explanation which correctly identifies all the required physical fitness factors and general benefits of participation for each of the three selected sporting activities.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

OUTCOME 4

Identify the nature of the techniques required in three selected sporting activities.

Performance Criteria

- a) Relevant sporting activity techniques are correctly identified.
- b) The general benefits of applying different techniques are correctly identified.

Evidence Requirements

Oral or written explanation which identifies six techniques for each sporting activity. Oral or written explanation of the general benefits of applying different techniques in each of the three selected sporting activities.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

National unit specification: support notes

UNIT Sporting Activities - An Introduction (Access 3)

This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

GUIDANCE ON CONTENT AND CONTEXT

Candidates will develop their performance at a novice level in each of three selected activities. Consideration should be given to candidates' interest, motivation and expertise and the centre's available facilities and resources. The study of performance with regard to safe use of facilities and equipment and the value of different fitness factors and techniques within each of the three activities should take place in practical contexts.

This unit refers to the term 'skill' as being able to be performed or applied within skilful performance contexts. Techniques are demonstrated. Hence in outcome 1 the term used is 'perform skilfully' whilst the performance criterion refers to 'techniques appropriate to a novice level'.

The term 'novice' is used to refer to a candidate who is new to the sporting activity and who is developing an initial impression of the nature and demands of the activity as part of a wider introduction to different sporting activities.

GUIDANCE ON TEACHING AND LEARNING APPROACHES

Candidates should learn in familiar contexts which provide opportunities to work individually, with a partner and in groups when practising techniques that are relevant to developing skill at an novice level. Candidates should be provided with accurate and appropriate feedback that is relevant to their development.

The tutor should involve candidates in a range of practical contexts that are relevant to developing a broad understanding of relevant equipment and facilities for safe participation. These practical contexts should also be relevant for identifying and describing the key aspects of fitness and the nature of the techniques required for developing skill at a novice level.

National unit specification: support notes (cont)

UNIT Sporting Activities - An Introduction (Access 3)

GUIDANCE ON APPROACHES TO ASSESSMENT

Candidates should demonstrate their competence in practical situations and should be assessed when they are ready. Opportunities for re-assessment are available throughout this unit. Evidence for assessment should arise naturally from the range of tutor-led situations in which candidates are engaged, and should be recorded by the tutor as appropriate. To achieve the unit sufficient evidence requires to be provided to indicate that all outcomes and performance criteria have been met within any range specified. While a variety of assessment instruments is available, the tutor is encouraged to adopt an integrated approach to assessment in the unit.

SPECIAL NEEDS

This unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment and Certification Arrangements* (SQA, 1998).

Sporting Activity Units

Performance Exemplification

Notes for Guidance and Interpretation:

The purpose of these exemplifications is to add definition about performance qualities required at different levels within the sporting activity units. The standards described for sporting activity units equate with the standards described in the performance units within Physical Education at the five different levels within Higher Still. The evidence generated for the sporting activity units could be utilised as evidence towards achieving units of Higher Still courses in Physical Education.

The rationale used for describing performance is that the sporting activity units are performance driven. As such it is the whole view of performance that is described. This is in preference to a technique specific model of performance with only the associated movement patterns that accompany the techniques being described. This is considered to have limitations as a model of whole performance. Instead a model that describes in a more detailed way the demands, environments and practical contexts that candidates would typically be working in is offered. As such terms like 'perform skilfully' are used. Techniques are demonstrated through being selected, developed and refined in building towards performing in skilful contexts.

These definitions of performance contexts relate to outcome 1 in each unit. Following this, the definition of performance is specified according to the detail of each of the performance criteria at each level. This allows a description of the competences requires within each performance criterion.

The performance qualities described are an exemplication of the performance standards associated with the different levels. They are issued as guidance for practitioners in delivering these units. They attempt to show a clear logical exemplication of standard as well as how progression could feasibly occur between different levels. The described qualities are not prescribed mandatory requirements that each candidate must exactly match. Instead the qualities described aim to paint a picture of the performance level required and, crucially, an insight into the context and demands that candidates are likely to be working in.

Sporting Activities: An Introduction (Access 3)- Outcome 1 'Perform skilfully in three different activities at a novice level'

PC(a) Techniques appropriate to a novice level different sporting activities.	PC(b) Relevant rules and procedures are adhered to during participation in the three activities.	
At this level, the participant has been introduced to, and developed, the sport specific movements necessary to perform skilfully at a novice level and for later progression.	The participant can recognise and choose simple pathways and routes down a beginner type slope while observing all relevant safety procedures and showing consideration for other slope users. This decision making process involves two fundamental elements of	The participant can recognise and choose simple pathways and routes down a beginner type slope while observing all relevant safety procedures and showing consideration for other slope users.
Performance by the participant at a novice level will be reflected in their initial awareness of the 'fundamental elements' of Alpine Skiing which are: Description of the set undamental elements of Alpine Skiing, 'Control', of speed, and of line,' and 'Adjustments' for surface, and for slope. Consideration of both of these fundamental elements should be evident in the participant's performance.		The participant can demonstrate the correct procedures when hiring skis and organising their equipment in preparation for participation.
Body Management; Steering; Control; Adjustments These fundamental elements should be applied in context, at the relevant	Awareness of 'control' (speed and line) and 'adjustments' (surface and slope) will involve candidates in decisions relating to	The participant can recognise and outline 'on slope' situations relating to the National Governing Bodies 'Code of Conduct' for Alpine Skiing.
applied in context, at the relevant developmental stage, at a novice level, to recognised progression within Alpine Skiing as follows:	speed, line of travel, surface and slope which should be reflected in the variations of turn radius and route chosen during their descent of a beginner type slope.	Throughout the activity the participant complies fully with the National Governing Bodies 'Code of Conduct' for Alpine Skiing.

PC(a) Techniques appropriate to a novice level are performed skilfully in each of the different sporting activities.		PC(b) Relevant rules and procedures are adhered to during participation in the three activities.
 Novice Activities; Sliding; Ploughing; Swinging; Paralleling; Beyond Paralleling Physical environment plays an important part in the contextual application of Alpine Skiing at a novice level. Activities should take place on appropriate slopes and in appropriate conditions. At a novice level participants are required to perform on beginner type clopes including dry. 	The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities. Introductory Activities: should include a range of material designed to promote the safety and mobilisation of the participant. These activities include; walking, stepping, turning on the slope, falling and gatting up and a gaparel	The participant demonstrates known routine procedures relating to general 'on slope' group participation and organisation. The participant demonstrates the correct procedures for use of available uplift as follows: Correct starting position.
perform on beginner type slopes including dry slopes. The novice level performer can ski down	falling and getting up and a general awareness of slope angle, ie. across, uphill and downhill.	Correct transport position. Correct dismount position. Clearing dismount area.
 beginner type slopes maintaining balanced control, speed, and direction using introductory techniques incorporating the fundamental elements of skiing. This will involve the participant in a range of manoeuvres up to and including linked early plough turning. In terms of technique, at a novice level, fundamental elements of, 'body management' 'steering', are key developmental areas of the participant's performance. 		

PC(a) Techniques appropriate to a novice level are performed skilfully in each of the	PC(b) Relevant rules and procedures are
different sporting activities.	adhered to during participation in the three
	activities.

'Body management' will be evident throughout	Straight running/ploughing: the participant	Governing Bodies 'Code of Conduct' for
the participant's performance through usually	shows:	Alpine Skiing.
maintaining good posture, balance, agility, co-		
ordination and rhythm in all activities.	Maintaining straight running elements	The participant demonstrates known routine
	throughout.	procedures relating to general 'on slope' group
'Steering' control will be evident throughout	Changing the shape of the skis from parallel to	participation and organisation.
the participant's performance through the	plough 'V' shape and return to parallel through	The participant demonstrates the correct
apparent use of rotary movements, as opposed to pressure and edging.	simultaneous leg and foot, rotation, stretching and bending.	The participant demonstrates the correct procedures for use of available uplift as
to pressure and edging.	and bending.	follows:
The skilful application of rotary movements	Plough Turning (developmental)	
together with bending and stretching of the	Early plough turning development will involve	Correct starting position.
legs, will result in the demonstration of linked	mainly leg rotational actions as opposed to	Correct transport position.
plough turns of a variable radius.	more progressive, pressure/rotation, edge	Correct dismount position.
	actions.	Clearing dismount area.
At a novice level the developmental stages		
are:	Early Plough Turning (linked): in a plough	
	position the participant show:	
Introductory Activities, Sliding and Ploughing		
(developmental)	Maintaining straight running elements	
The techniques relating to these	throughout.	
The techniques relating to these developmental stages are:	Foot and leg rotation as the main turning movements.	
Introductory Activities (range); Straight	Maintain 'steering' control throughout.	
Running; Straight Running / Ploughing;	Development of leg stretching and bending	
Early Plough Turning (linked).	movements to accommodate rotary actions	
	variations in turn radius.	
	Co-ordinated effective turn linking movements.	

Sporting Activity (Intermediate 1) - Outcome 1 'Perform skilfully in the sporting activity at an introductory level'

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
At this level, the participant has been introduced to, and developed, the sport specific movements necessary to perform skilfully at an introductory level and for later progression.	This will involve the participant in a range of manoeuvres up to and including effectively linked plough turning and the introduction of traversing.	On beginner type slopes the participant can maintain, control of speed, balance and direction using linked plough turns of varying radius.	The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities.
Performance by the participant at an introductory level will be reflected in their initial awareness of the 'fundamental elements' of Alpine Skiing which are: Body Management Steering Control Adjustments	In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance at an introductory level. 'Body management' will be evident throughout the participant's performance through usually maintaining good posture, balance, agility, co- ordination and rhythm in all activities.	The participant can recognise and choose simple pathways and routes down a beginner type slope while observing all relevant safety procedures and showing consideration for other slope users. This decision making process involves two fundamental elements of Alpine Skiing, 'Control', of speed, and of line,' and Adjustments' for surface, and for slope	At an introductory level the developmental stages are: Introductory Activities Sliding Ploughing Introductory Activities: should include a range of material designed to promote the safety and mobilisation of the participant. These activities include; walking, stepping, turning on the slope, falling and getting up and a general awareness of slope angle, ie. across, uphill and downhill.

PC(a) Techniques appropriate to an introductory level are performed		PC(b) Appropriate decisions during	PC(c) Appropriate movement
skilfully in the sporting activity with occasional consistency.		performance are made in contexts	patterns during performance at an
		that relate to an introductory level.	introductory level are used.
These fundamental elements	'Steering' control will be evident	Consideration of both of these	Straight running: the participant
should be applied in context, at the	throughout the participant's	fundamental elements should be	shows:
relevant developmental stage, at	performance through the apparent	evident in the participant's	
an introductory level, to	use of pressure control, control of	performance.	even flex at the skiing joints
recognised progression within	rotation and edge control.		(ankles, knees and hips)
Alpine Skiing as follows:		Awareness of 'control' (speed and	1 0
	The skilful application of early	line) and 'adjustments' (surface and	feet hip width apart and parallel.
Introductory Activities	pressure, rotation and edging,	slope) will involve participants in	balanced stance in the middle of
Sliding	together with bending and	decisions relating to their speed,	the skis.
Ploughing	stretching movements, will result	line of travel, surface and slope	pelvis tilted upwards.
Swinging	in the effective demonstration of	which should be reflected in the	arm and hand carriage is
Paralleling	linked plough turns of a variable	variations of turn radius and route	forwards and away from the body
	radius.	chosen during their descent of a	(as if holding a hoop).
Physical environment plays an		beginner type slope.	
important part in the contextual	At an introductory level the		Straight running/ploughing: the
application of Alpine Skiing at an	developmental stages are:		participant shows:
introductory level.			
	Introductory Activities		maintaining straight running
	Sliding		elements throughout.
	Ploughing (developmental)		changing the shape of the skis
			from parallel to plough 'V' shape
			and return to parallel through
			simultaneous leg and foot,
			rotation, stretching and bending.

PC(a) Techniques appropriate to an	introductory level are performed	PC(b) Appropriate decisions during	PC(c) Appropriate movement
skilfully in the sporting activity with occasional consistency.		performance are made in contexts	patterns during performance
		that relate to an introductory level.	at an introductory level are used.
Activities should take place on	The techniques relating to these		Plough Turns (developmental)
appropriate slopes and in	developmental stages are:		Plough turning development will
appropriate conditions. At an			involve initial early rotational
introductory level participants are	Introductory Activities (range)		actions through to more effective
required to perform on beginner	Straight Running		pressure/rotation edge actions.
type slopes including dry slopes.	Straight Running / Ploughing		
	Effective Plough Turning (linked)		Effective Plough Turning
The introductory level performer	Introduction to Traversing.		(linked): in a plough position the
can effectively ski down beginner			participant shows:
type slopes maintaining balanced			maintaining straight running
control, speed, and direction using			elements throughout.
a range of introductory techniques			active leg stretching and bending.
incorporating the fundamental			early pressure application to
elements of skiing.			turning ski.
			effective pressure transfer during
			linked phase.
			foot and leg rotation.
			maintain 'steering' control
			throughout.
			variations in turn radius and
			application of movement
			sequence.
			co-ordinated effective turn linking
			movements.

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
		Traversing: Traversing at this level is introduced as a manoeuvre for crossing the slope. The participant shows:
		appropriate use of edges and pressure. adjustments to body position. awareness of line of travel.

Sporting Activity (Intermediate 2) - Outcome 1 'Perform skilfully in the selected sporting activity at a recreational level'

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
At this level, the participant is developing the sport specific movements necessary to perform skilfully at a recreational level and for later progression. Performance by the participant at an recreational level will be reflected in their development of the 'fundamental elements' of Alpine Skiing which are: Body Management Steering Control Adjustments	Through skiing down an intermediate type slope, participants must show on occasions, an ability to demonstrate linked early basic parallel turns. In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance at an recreational level. 'Body management' will be evident throughout participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.	On intermediate type slopes the participant can maintain, control of speed, balance and direction. During the descent of an intermediate slope the participant will select and apply from the repertoire of turns available, the most appropriate method of turning to suit both the slope and conditions. The range of turning methods available at this developmental level are: plough turning basic swing turning basic parallel turning.	The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities. At a recreational level the developmental stages are: Swinging Paralleling Basic Swinging: (developmental) The process of basic swinging involves sequential leg actions in relation to the formation of a plough to begin the turn, followed by matching the skis parallel to complete the turn.

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
These fundamental elements should be applied in context, at the relevant developmental stage, at a	'Steering' control will be evident throughout the participant's performance through the apparent	The participant can recognise and choose pathways and routes down an intermediate type slope while	The developmental stages of basic swinging relate to the phase of the turn at which the skis are matched.
recreational level, to recognised progression within Alpine Skiing as follows:	use of pressure control, control of rotation and edge control.	observing all relevant safety procedures and showing consideration for other slope	Basic Swinging (early) - skis match towards the end of the turn.
Introductory Activities	The skilful application of early pressure, rotation and edging,	users.	Basic Swinging (developing) - skis match around the fall line phase.
Sliding Ploughing Swinging	together with bending and stretching movements, will result in the demonstration of linked	This decision making process involves two fundamental elements of Alpine Skiing,	Basic Swinging (later) - skis match before the fall line phase.
Paralleling	turns of a variable radius.	'Control', of speed, and of line,' and 'Adjustments' for surface, and	Basic Swing Turns - (later): the participant shows:
Physical environment plays an	At an recreational level the	for slope.	T
important part in the contextual application of Alpine Skiing at a	developmental stages are:	Through learning, participants	Leg and foot rotation to form plough together with active leg
recreational level.	Swinging Paralleling	will develop an ability to anticipate and interpret the	stretch to secure early pressure on turning ski.
Activities should take	1 aranening	elements of 'control' and 'adjustment	e
place on appropriate slopes	The techniques relating to these	the context of	under the centre of the foot. ie.
and in appropriate conditions.	developmental stages are:	skiing down an intermediate	tips open to match skis and close
recreational level participants are required to perform on	Basic Swinging (developmental)	type slope.	to form plough. non-turning ski is matched parallel
intermediate type slopes	Basic Paralleling		before fall line.
including dry slopes.	(developmental)		open effective skiing stance throughout.

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC(b) Appropriate decisions during performance are made in context that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
The recreational level performer can effectively ski down intermediate type slopes maintaining balanced control, speed, and direction using a range of recreational techniques incorporating the fundamental elements of skiing. This will involve the participant in a range of manoeuvres up to and including linked early basic parallel turning.	Consideration of both of these fundamental elements should be evident in the participant's performance. Awareness of 'control' (speed and and 'adjustments' (surface and slope) will involve candidates in decisions relating to their speed, line of travel, surface and slope which should be reflected in the variations of turn radius and type, and route chosen during their descent of an intermediate type slope.	 bending to control turning pressure throughout latter part of arc. co-ordinated effective turn linking movements. Basic Paralleling: (developmental) The process of paralleling involves simultaneous leg actions together with the development of hip crossover, promoting simultaneous edge change, allowing the skis to remain parallel throughout the turn. The developmental stages of paralleling relate to establishing the basic turning movements sequence through to developed use of the same sequence reflected in more effective turns of varying radius. The participants development at this level will evolve in order that they can demonstrate early basic
		parallel turning.

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency	PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
		Basic Parallel Turns - (early): the participant shows: leg stretching to secure early pressure on turning ski. hip crossover promoting simultaneous edge change on both skis. simultaneous leg and foot rotation; skis parallel throughout. bending to control turning
		pressure throughout later part of arc open effective skiing stance throughout. co-ordinated effective turn linking movements.

Sporting Activity (Higher) - Outcome 1 'Refine performance in the sporting activity in demanding contexts'

PC(a) Techniques appropriate to ref demanding contexts are performed s a high degree of consistency.	ining performance in skilfully in the sporting activity with	PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.
At this level, the participant is refining and further developing the sport specific movements necessary to perform skilfully in demanding contexts and for later progression. Performance by the participant in a demanding context will be reflected in their development of the 'fundamental elements' of Alpine Skiing which are: Body Management Steering Control Adjustments	Through skiing down intermediate and advanced type slopes, participants must show an ability to demonstrate linked parallel turns of varying radius and type. In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance demanding level 'Body management' will be evident throughout participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.	On intermediate and advanced type slopes the participant can maintain, control of speed, balance and direction. During the descent of intermediate and advanced slopes the participant will select and apply from the repertoire of parallel turns available, the most appropriate method of turning to suit both the slope and conditions. The range of turning methods available at this developmental level are: Parallel Turns: long, medium and short radius with pole plant. Parallel Turns (variation): compression turns with pole plant.	The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities. In a demanding context the developmental stage is: Paralleling Paralleling: (developmental) The process of paralleling involves simultaneous leg actions and the skis remain parallel throughout the turn.

PC(a) Techniques appropriate to ref	ining performance in	PC(b) Appropriate decisions	PC(c) Control and fluency are
demanding contexts are performed skilfully in the sporting activity with		during performance are made that	demonstrated in refining
a high degree of consistency.		relate to refining performance in	performance in demanding
		increasingly demanding contexts.	contexts.
These fundamental elements	'Steering' control will be evident	The participant can recognise and	At this level the participant
should be applied in a demanding	throughout the participant's	choose pathways and routes down	has developed a refined ability to
context, at the relevant	performance through the apparent	intermediate and advanced type	apply the fundamentals of Alpine
developmental stage, to	use of pressure control, control of	slopes while observing all relevant	Skiing to a sequence of
recognised progression within	rotation and edge control.	safety procedures and showing	turning movements
Alpine Skiing as follows:		consideration for other slope	resulting in established
Introductory Activities	The skilful application of early	users.	control and fluency while
Sliding	pressure, rotation and		performing parallel turns.
Ploughing	edging, together with bending and	This decision making process	
Swinging	stretching movements, will	involves two fundamental	This will be evident in the
Paralleling	result in the effective	elements of Alpine Skiing,	participant's ability to adapt,
	demonstration of	'Control', of speed, and of	adjust and apply appropriate
Physical environment plays an	linked parallel turns of a	line, and 'Adjustments' for	variations in paralleling to
important part in the contextual	variable radius.	surface, and for slope	variations in slope and surface.
application of Alpine Skiing at a			
demanding level.	At this level the developmental	Through learning, participants will	Parallel Turns: the participant
	stage is:	develop an ability to anticipate and	shows:
Activities should take place		interpret the elements of 'control'	
on appropriate slopes and in	Paralleling (developmental).	and 'adjustments' in the context of	accurate and co-ordinated use of
appropriate conditions.		skiing down intermediate and	pole plant.
		advanced type slopes.	active leg stretching to secure
			early pressure on turning ski.
			hip crossover and simultaneous
			edge change on both skis.

PC(a) Techniques appropriate to ref	ining performance in	PC(b) Appropriate decisions	PC(c) Control and fluency are
demanding contexts are performed skilfully in the sporting activity with		during performance are made that	demonstrated in refining
a high degree of consistency.		relate to refining	performance in demanding
		performance in demanding	contexts.
		contexts.	
At this demanding level	The techniques relating to this	Consideration of both of	Simultaneous leg and foot
participants are required to	developmental stage are:	fundamental elements should be	rotation.
perform on intermediate and		evident in the participant's	skis remain parallel throughout.
advanced type 'on piste' slopes on	Parallel Turns: long, medium and	performance.	open effective skiing stance
snow	short radius with pole plant.		throughout.
		Awareness of 'control' (speed	
The participant can effectively ski	Parallel Turns	and line) and 'adjustments'	Recognisable adjustment of
down advanced type slopes, on	(variation): compression turns	(surface and slope) will	application of turn 'movement
piste, on snow, whilst maintaining	with pole plant.	involve candidates in decisions	sequence' to vary the radius of
balanced control, speed, and		relating to speed, line of travel,	turns. Co-ordinated effective
direction using a range of		surface and slope which	turning movements.
techniques incorporating the		should be reflected in the	
fundamental elements of skiing.		variations of turn radius and	
		type, and route chosen	
This will involve the participant		their descent of intermediate	
in a range of manoeuvres up		and advanced type slopes.	
to and beyond simple parallel			
turns and will include varying			
radius and type.			

PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.		PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts
			Parallel Turns (variation) - Compression Turns: the participant shows: anticipated leg bending to absorb slope variations (bumps) accurate and co-ordinated use of pole plant hip crossover and simultaneous edge change on both skis. Simultaneous leg and foot rotation from a lowered body position. active leg stretching to maintain turning pressure. Recognisable adjustment of application of turn 'movement sequence' to vary the radius of turns. Anticipated ready position for next turn.

Sporting Activity (Advanced Higher) - Outcome 1 'Refine performance in the sporting activity in increasingly demanding contexts'

PC(a) Techniques appropriate to re increasingly demanding contexts are consistently in the sporting activity	e performed skilfully and	PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.
At this level, the participant is refining and further developing the sport specific movements necessary to perform skilfully in demanding contexts and for later progression. Performance by the participant in a demanding context will be reflected in their continued development and refinement of the 'fundamental elements' of Alpine Skiing which are: Body Management Steering Control Adjustments	Through skiing down advanced type slopes, participants must show an ability to demonstrate linked parallel turns of varying radius and type. In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance at a demanding level. 'Body management' will be evident throughout the participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.	On advanced type slopes the participant can maintain, control of speed, balance and direction. During the descent of intermediate and advanced slopes the participant will select and apply from the repertoire of parallel turns available, the most appropriate method of turning to suit both the slope and conditions. The range of turning methods available at this developmental level are: Parallel Turns: long, medium and short radius with pole plant. Parallel Turns (variation): compression turns with pole plant.	The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities In a demanding context the Developmental stage is: Paralleling Beyond Paralleling Paralleling: (development) The process of paralleling involves simultaneous leg actions and the skis remain parallel throughout the turn.

PC(a) Techniques appropriate to re- increasingly demanding contexts are		PC(b) Appropriate decisions during performance are made	PC(c) Control and fluency are demonstrated in refining
		that relate to refining	performance in increasingly
		performance in increasingly	demanding contexts.
		demanding contexts.	C
The fundamental elements	'Steering' control will be evident	Parallel Turns (variation): short	At this level the participant has
should be applied in a	throughout the participant's	swings	developed a refined ability to
demanding context, at the	performance through the apparent	Beyond Parallel: Step Turns	apply the fundamentals of Alpine
relevant developmental stage,	use of pressure control, control of	(variations): parallel and skating	Skiing to basic turning movements
recognised progression within	rotation and edge control.		resulting in established control and
Alpine Skiing as follows:		The participant can recognise and	fluency while performing parallel
Introductory Activities	The skilful application of early	choose pathways and routes down	turns of varying radius, type and
Sliding	pressure, rotation and edging,	intermediate and advanced type	speed. Once established this
Plough	together with bending and	slopes while observing all relevant	evolves into an enhanced
Swinging	stretching movements, will result	safety procedures and showing	awareness of the 'steering'
Paralleling	in the effective demonstration of	consideration for other slope	fundamentals allowing the
Beyond Paralleling	linked parallel turns of a variable	users.	introduction of parallel turn
	radius and type.		variations. This will be evident
Physical environment plays an impo		This decision making process	in the participant's ability to ski in
part in the		involves two fundamental	a controlled and fluent manner
contextual application of Alpine		elements of Alpine Skiing,	and to adapt, adjust and apply
Skiing at a demanding level.			appropriate variations in parallel
			turning to variations in slope and
			surface.

PC(a) Techniques appropriate to re	efining performance in	PC(b) Appropriate decisions	PC(c) Control and fluency are
increasingly demanding contexts are performed skilfully and		during performance are made	demonstrated in refining
consistently in the sporting activity.		that relate to refining	performance in increasingly
		performance in increasingly	demanding contexts.
		demanding contexts.	
Activities should take place on	The developmental stage is:	'Control', of speed, and of line, and	Parallel Turns: the participant
appropriate slopes and in	Paralleling (developmental)	'Adjustments' for surface, and for	shows:
appropriate conditions. At this	Beyond Paralleling	slope.	
demanding level participants are	(developmental)		accurate and co-ordinated use
required to perform on advanced		Through learning, participants will	of pole plant; active leg stretching
level slopes on snow.	The techniques relating to this	develop an ability to anticipate and	to secure early pressure on turning
	developmental stage are:	interpret the elements of 'control'	ski. Hip crossover together with
The participant can effectively ski		and 'adjustments' in the context of	simultaneous edge change on both
down advanced type slopes,	Parallel Turns: long, medium and	skiing down advanced type slopes.	skis.
on piste, on snow, whilst	short radius with pole plant.	Consideration of both of	
maintaining balanced control,		these fundamental elements	Simultaneous leg and foot
speed, and direction using a	Parallel Turns (variation):	should be evident in the	rotation; skis remain parallel
range of techniques	compression turns with pole plant.	participant's performance.	throughout with open effective
incorporating the fundamental			skiing stance. Leg bending to
elements of skiing.	Parallel Turns (variation): short		control turning pressure
	swings		throughout the turn and
			effective turn linking
	Beyond Parallel:		movements. Recognisable
	Step Turns (variations):		adjustment of application of
	parallel step and skating.		'movement sequence' to vary the
			radius of turns. co-ordinated
			effective turn linking movements.

PC(a) Techniques appropriate to refining performance in	PC(b) Appropriate decisions	PC(c) Control and fluency are
increasingly demanding contexts are performed skilfully and	during performance are made	demonstrated in refining
consistently in the sporting activity.	that relate to refining	performance in increasingly
	performance in increasingly	demanding contexts.
	demanding contexts	
	Awareness of 'control' (speed	Parallel Turns (variation) –
	and line) and 'adjustments'	Compression Turns. The
	(surface and slope) will involve	participant shows:
	candidates in decisions relating	anticipated leg bending to absorb
	to their speed, line of travel,	slope variations (bumps); accurate
	surface and slope which	and co-ordinated use of pole.
	should be reflected in the	Hip crossover together with
	variations of turn radius and	simultaneous edge change on
	type, and route chosen during	both skis. Simultaneous leg and
	their descent of intermediate	foot rotation from a lowered
	and advanced type slopes.	position. Active leg
		stretching to maintain turning
		pressure. Skis remain
		parallel throughout with open
		effective skiing stance.
		Recognisable adjustment of
		application of turn 'movement
		sequence' to vary the radius of
		turns. Anticipated ready
		position for next turn and
		co-ordinated effective turn
		linking movements.

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.	PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.
		Parallel Turns (variation) -Short Swing Turns: theparticipant shows:strong edge set reboundtogether with accurate andco-ordinated pole plantActive leg extension; simultaneousleg and foot rotation with skisremaining parallel throughout.fall line direction of travel withlinked rhythmical co-ordinatedmovements.skid phase to ready positionfor next turn and co-ordinatedeffective turn linking movements.

PC(a) Techniques appropriate to refining performance in	PC(b) Appropriate decisions	PC(c) Control and fluency are
increasingly demanding contexts are performed skilfully and	during performance are made	demonstrated in refining
consistently in the sporting activity.	that relate to refining	performance in increasingly
	performance in increasingly	demanding contexts.
	demanding contexts.	
		Step Turns (parallel): the
		participant shows:
		Accurate parallel stepping action with co-ordinated pole plant and
		weight transfer to turning ski.
		Hip crossover, effective use of
		edges with skis remaining parallel
		throughout turning arc.
		Pressure control throughout turning arc with appropriate leg bending.
		Skiing speed maintained
		throughout, co-ordinated
		effective turn linking movements.
		Step Turns (Skating):
		the participant shows:
		Accurate, dynamic, projected
		stepping action with weight
		transfer onto turning ski.
		Accurate and co-ordinated pole
		plant.
		Piulic.

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.	PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.
		Hip crossover, effective use of edges with skis remaining parallel throughout remainder of turning arc. Pressure throughout turning arc with appropriate leg bending. Skiing speed maintained or increased throughout turning arc Effective turn linking movements.

Alpine skiing Technique Development/Level	Performance Areas Slope/Reference	SQA Unit Development Level/Reference	British Alpine Ski Awards Level/Reference	Scottish National Ski Council – Level/Reference
Introductory Activities	Novice and beginner slopes including dry slopes	Access 3/Intermediate 1	Level 1	
Sliding/Ploughing	1		Level 1	
Early Plough Turning (developmental)	Beginner type slopes including dry slopes.	Access 3	Level 2	
Plough Turning (developmental)	Beginner type slopes including dry slopes	Intermediate 1	Level 2	
Plough Turning (developmental)	Intermediate slopes including dry slopes	Intermediate 2	Level 3	
Basic Swinging			Level 3	
(developmental)			Level 4	

Overview of Development/Demand Levels Relating to Performance Only Between a Range of Reference Sources

Alpine skiing Technique Development/Level	Performance Areas Slope/Reference	SQA Module Development Level/Reference	British Alpine Ski Awards Level/Reference	Scottish National Ski Council – Level/Reference
Early Paralleling	Intermediate slopes	Intermediate 2		
(developmental)	Including dry slopes			
Paralleling (developmental)	Intermediate/advanced Slopes on snow	Higher	Level 4	
Paralleling	Intermediate/advanced	Higher		
(developmental)	Slopes on snow			Alpine Ski Leader and Artificial Ski Slope Instructor
Beyond Paralleling	Advanced slopes on snow	Advanced Higher		
			Level 5	

SWIMMING

Sporting Activities: An Introduction (Access 3)- Outcome 1 'Perform skilfully in three different activities at a novice level'

PC(a) Techniques appropriate to a novice le different sporting activities.	vel are performed skilfully in each of the three	PC(b) Relevant rules and procedures are adhered to during participation in the three activities.
For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three important factors of: i, number of different swimming techniques required; ii, ability to sustain performance over particular distances; iii, ability to swim techniques at a certain speed; will be addressed in the descriptions of performance at each level.	In both crawl strokes the arm action will be simultaneous and continuous but may appear rather straight on entry and lack a phased pull. Entry will often result in splashing and recovery will be inefficient without a high elbow in front crawl. In back crawl the participant may through lack of flexibility and limited technique find it difficult to circle the arms close enough to the side of the head in recovery. In front crawl breathing will often be erratic exhalation and inhalation occurring with the raised and resultant loss of momentum. The timing in front crawl often lacks co-ordination, sometimes appearing	At this level the participant should be able to follow relevant rules and procedures that allow them to learn and develop their swimming potential. They should be aware of general swimming safety rules and those specific procedures that apply to using the pool they are learning to swim in. Their performance and behaviour should be of their respect and understanding of these rules. They should respect other pool users at all times, both within and outside their group.

PC(a) Techniques appropriate to a novice let different sporting activities.	vel are performed skilfully in each of the three	PC(b) Relevant rules and procedures are adhered to during participation in the three activities.
 The participant should be competent in a few of the key elements of two of the identified strokes. The key elements of the stroke are body position, leg action, arm action, breathing and timing. At this level there are no speed demands. The participant should be able to swim approximately 25m prior to the onset of fatigue and stroke deterioration. At this level there will be improvements needed in control and fluency in some of the key elements of the stroke. For example in front crawl and back crawl through improving the body position to ensure greater streamlining. In front crawl the body will often be over inclined from head to feet. The head will often be held high to accommodate breathing or held very low with water going right over to the upper back. These weaknesses result in poor overall technique and often an overly physical response from the participant. In back crawl the participant may 	reasonable until the participant has to breathe when rapid deterioration control occurs. In breaststroke the broad outline of the stroke should be recognisable. There will be need though for improvements in the overall efficiency of the stroke most notably through more effective leg and arm action. Often the leg action will suffer from a screw kick and the arm action will often be quite wide with of loss of an effective pull in the action. Breathing will occur but not always within the strict pull, breath, kick phasing of the stroke. Butterfly is unlikely to be one of the attempted strokes used at this level. If it is a broad approximation of the whole stroke should be evident with a simultaneous arm cycle and leg movements.	They should be aware of the importance of simple procedures that support safe swimming such as pool signals and evacuation procedures.
often appear to sit in the water out of poor water confidence.		

PC(a) Techniques appropriate to a novice level are performed skilfully in each of the three different sporting activities.		PC(b) Relevant rules and procedures are adhered to during participation in the three activities.
A flatter body position with head held in line with the body and eyes looking upwards and forwards is required. In both crawl strokes the leg action may be over exaggerated with to much knee bend. This may lead to added resistance being created by the participant.	For all strokes starts will often be in the water. A glide should evident although entry into the swim often occurs too soon and results in a loss of momentum. Inconsistency in some of the key elements of the stroke often results in the finish being misjudged and e.g in breaststroke one handed.	
	The participant at this level should be able to use floats for part swimming of different stokes to enhance performance. For example using arm floats to concentrate on leg action only and alternately through using leg floats to concentrate on arm actions only.	
Sporting Activity (Intermediate 1) - Outcome 1 'Perform skilfully in the sporting activity at an introductory level'

skilfully in the sporting activity with occasional consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to an	PC(c) Appropriate movement patterns during performance at an introductory level are used.
			at an introductory level are used.
For all swimming strokes the recognistic techniques are Front crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which the participants are required to complete these strokes regard to the three important factors of:	Starts, if pool depth allows, should be appropriate to stroke and are usually dynamic with forward momentum developed from a balanced, set position into the flight. The flight trajectory may be inconsistent resulting in a poor entry and glide phase. A smooth entry into the swim is usually evident although there may be some loss of momentum.	 introductory level. At this level the participant should be able to demonstrate efficient technique and proficient performance in two strokes and developing competence in one other. The performance of each stroke should be in demanding contexts where the key elements of each stroke are required to be sustained for success. 	At this level control and fluency will be evident in some of the key elements in the two main strokes but may be limited in a third stroke. Control and fluency in front crawl and back crawl is developing through improving body position to ensure greater streamlining. In front crawl the body
		These should be against performers of similar ability over va distances from 25m to 50m given that the greater the distance and speed the more demanding the performance becomes.	will still occasionally be over inclined from head to feet.

PC(a) Techniques appropriate to a	n introductory	PC(b) Appropriate decisions during	PC(c) Appropriate movement
level are performed skilfully in the sporting activity with		performance are made in contexts	patterns during performance
occasional consistency.		that relate to an introductory level.	at an introductory level are used.
i, number of different swimming	Stroke rhythm begins to become	The participant should be	The head will often be held high
techniques required;	inconsistent as the participant	able to make some	to accommodate breathing
ii, ability to sustain performance	anticipates the turn.	decisions in whole performance.	or held very low.
over particular distances;	A controlled finish is usually	For example swimming at a	These weaknesses often result in
iii, ability to swim techniques at a	evident although the	consistent speed over 50m.	an overly physical response from
certain speed; will be addressed in	participant can loose form over		the participant. In back crawl a
the descriptions of performance at	last ten metres or slow down		flatter body position with
each level.	as they anticipate the finish.		head held in line with the body
	Participants at this level should		and eyes looking upwards
The participant should be	be able to use floats for part		and forwards is required.
competent in a some of	swimming of different		In both crawl strokes the
the key elements of two of the	stokes to enhance performance,		leg action may be exaggerated
identified strokes and being	for example, using arm floats to		with too much knee bend. This may
able to make some attempt	concentrate on leg action only and		lead to resistance being created
the other strokes. The key	alternately through using leg		by the participant.
elements of the stroke are	floats to concentrate on arm		
body position, leg action, arm	actions only.		In both crawl strokes the arm
action, breathing and timing.			action will be simultaneous
			continuous but may appear
At this level there are few speed			rather straight on entry and
demands. The participant should			lack a phased pull. Entry
be able to swim approximately			will often result in splashing
50m prior to the onset of fatigue			recovery will be inefficient
and stroke deterioration.			without a high elbow in front
			crawl.

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
		In back crawl the participant may, through lack of flexibility and limited technique, find it difficult to circle the arms close enough to the side of the head in recovery. In front crawl breathing will often be erratic exhalation and inhalation occurring with the head r and resultant loss of momentum. The timing in front crawl often lacks co-ordination.

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
		In breaststroke the body position may be over inclined from head to feet resulting in a loss of streamlin There will be need though for improvements in the overall efficiency of the stroke through more effective leg and arm action. Often the leg action may lack power possibly as the result of one or more feet being turned in to engage the water with the top of the foot (screw kick). Arm action will be simultaneous on the same horizontal plane and consist of an outsweep, downsweep and insweep phase.

DC(a) Tashniques appropriate to an introductory level are	DC(b) Appropriate desisions during	DC(a) Appropriate movement
PC(a) Techniques appropriate to an introductory level are	PC(b) Appropriate decisions during	
skilfully in the sporting activity with occasional consistency.	performance are made in contexts	patterns during performance
	that relate to an introductory level.	at an introductory level are
		used.
		although there may be some over
		exaggeration of one or more of
		these phases. Recovery should
		involve dropping of the elbows
		and tucking them into the sides
		before the hands move forward to
		full recovery. Breathing
		exhalation should occur during the
		recovery and inhalation as the
		hands come under the chin.
		Timing shows some lack of co-
		ordination which may be evident
		in a jerky stroke.
		in a joing subnet
		Butterfly is unlikely to be one
		of the strokes used at this level.
		If it is a broad approximation of
		the whole stroke should
		evident with a simultaneous arm
		cycle and leg movements with
		reasonable propulsion
		occurring.

Sporting Activity (Intermediate 2) - Outcome 1 'Perform skilfully in the sporting activity at a recreational level'

PC(a) Techniques appropriate to a :	recreational level are performed	PC(b) Appropriate decisions during	PC(c) Appropriate movement
skilfully in the sporting activity with overall consistency.		performance are made in contexts	patterns during performance at
		that relate to a recreational level.	a recreational level are used.
For all swimming strokes the	Starts should be appropriate to	At this level the participant should	At this level control and fluency
recognised techniques are Front	stroke and are generally dynamic	be able to demonstrate efficient	will be evident in most of the key
crawl, Back crawl, Butterfly and	with forward momentum	technique and proficient	elements of three of the identified
Breaststroke accompanied by	developed from a balanced, set	performance in three strokes and	strokes and being able to make
relevant starts and finishes. The	position into the flight, entry and	developing competence in the	some attempt at the other stroke.
extent to which participants are	glide phase with a smooth entry	other one.	However there may be some
required to complete these strokes	into the swim usually without loss		inconsistency especially in more
with regard to the three important	of momentum.	The performance of each stroke	demanding contexts such as
factors of:		should be in demanding contexts	during the last 20m of a 80m
i, number of different swimming	Stroke rhythm is generally	where the key elements of each	swim.
techniques required;	maintained up to entry into	stroke are required to be sustained	
ii, ability to sustain performance	the turn. There may be some	for success. These should be	Control and fluency in front crawl
over particular distances;	loss of momentum as body	against performers of similar	back crawl is becoming refined.
iii, ability to swim techniques at a	enters pike or tuck phase.	ability over varied distances up to	body position is streamlined. In
certain speed; will be addressed in	Rotation is usually fast although	80m.	crawl strokes the leg action
the descriptions of performance at	may be some misjudgement of		occasionally be exaggerated
each level.	distance to the wall resulting in a	Participants should be able to	with too much knee bend. This may
	drive. As the body opens	make some relevant decisions in	to resistance being by the participan
	out and extends into the glide	whole performance.	
	phase there may be occasional		
	lack of directional control.	For example swimming at a	
		consistent speed over 80m.	

PC(a) Techniques appropriate to a n	recreational level are performed	PC(b) Appropriate decisions during	PC(c) Appropriate movement
skilfully in the sporting activity with overall consistency.		performance are made in contexts	patterns during performance at
		that relate to a recreational level.	a recreational level are used.
The participant should be	A controlled finish is usually		In both crawl strokes the arm
competent in most of the key	evident with participant		action will be simultaneous
elements of three of the	maintaining form over last ten		continuous but may appear
identified strokes and being	metres to extended touch as		rather straight on entry and
able to make some attempt at the	appropriate to stroke.		lack a phased pull. In back
stroke.			crawl the arm action is
			continuous but may be
The key elements of the stoke are			windmill like with a straight
position, leg			arm pull phase and a tendency
action, arm action,			to be bent on recovery resulting
breathing and timing.			poor entry position and
			shortened pull. Stroke may
At this level there are few			appear cumbersome and
speed demands, although			uneconomical as length
reasonably sustained swimming			of swim increases. In front
should be evident over shorter			crawl turning rather than lifting
distances. Participants			of the head.
should be able to swim			
approximately 80m prior to the			
onset of fatigue and			
stroke deterioration.			

PC(a) Techniques appropriate to a recreational level are performed	PC(b) Appropriate decisions during	PC(c) Appropriate movement
skilfully in the sporting activity with overall consistency.	performance are made in contexts	patterns during performance at
	that relate to a recreational level.	a recreational level are used.
		In breaststroke the body position
		is streamlined. The leg
		should be continuous with
		flexion and extension and a
		definite push/drive phase in the
		kick. Arm action will be
		simultaneous on the
		horizontal plane and
		consist of an outsweep,
		downsweep and insweep
		phase although there
		be some lack of overall
		control. Recovery should involve
		dropping of the elbows and
		tucking them into the sides before
		the hands move forward to full reco

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
		Breathing exhalation should occur during the recovery and inhalation as the hands come under the chin. Timing shows some lack of co- ordination which may result in a jerky stroke.
		Butterfly may well be one of the strokes used at this level. Leg action is simultaneous and continuous kicking upwards and downwards. Action begins at hips as legs begin up beat. As the legs rise to the surface knees bend as hips drop slightly below surface. Arm action is simultaneous and continuous.

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
			Breathing occurs as the arms finish the propulsive phase and begin to recover and the head is out of the water. This is done through lifting the head at this stage. There is likely to be irregular leg to arm beats at this stage.

Sporting Activity (Higher) - Outcome 1 'Refine performance in the sporting activity in demanding contexts'

PC(a) Techniques appropriate to redemanding contexts are performed sporting activity with a high degreeFor all swimming strokes the recognised techniques are Front	skilfully in the	PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.At this level the participant should be able to demonstrate efficient	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts At this level the three strokes should show a high level of
crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three important factors of: i, number of different swim techniques required ii, ability to sustain performance particular distances; iii, ability to swim a techniques certain speed; will be addressed in the descriptions of performance at each level.	forward momentum developed from a balanced, set position into the flight, entry and glide phase with a smooth entry into the swim without any loss of momentum. Stroke rhythm should be maintained up to entry into the turn. There should be little loss of momentum as body enters pike or tuck phase. Rotation should be fast and close to the wall to utilise a strong drive off the wall as the body opens out and extends into the glide phase with little pause.	technique and proficient performance in three strokes and developing competence in the other one. The performance of each stroke should be in demanding contexts where the key elements of stroke are required to be sustained for success. These should be against performers of similar ability over distances from 50m, 100m to 160m or extended swim.	 control and fluency and being able to make an effective attempt at the other stroke. However there may be some inconsistency especially in more demanding contexts such as during the last 20m of a 100m swim. Control and fluency in front crawl back crawl is becoming refined The body position is streamlined and almost horizontal with a slight incline down to the hips. Leg action is alternating and continuous, balancing the movements of the arms.

PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.		PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.
The participant should be competent in all of the key elements of three of the identified strokes and being able to make an effective attempt at the other stroke. The key elements of the stoke are body position, leg action, arm action, breathing and timing. At this level there are speed demands, reasonably sustained sprint swimming should be evident over shorter distances up to 80m. The participant should be able to swim approximately 100 - 160m prior to the onset of fatigue and stroke deterioration.	A controlled finish should be evident with participant maintaining form over last ten metres, accelerated leg action and head down to extended touch as appropriate to stroke.	The participant show be able to some relevant decisions in whole performance. For example swimming at a consistent speed over 100m.	Initiated from the hip with long legs and slight bend at knee, relaxed ankles with toes pointed. Timing appropriate to participant and distance. Arm action alternating and continuous. In back crawl entry hand with palm facing outwards between shoulder and head with arm slightly flexed at elbow in over the barrel position. Smooth arm pull in motion to recovery with elbow in leading followed by hand. Breathing fits in with the stroke pattern and should be regular, controlled and if necessary bilateral. The timing should be smooth, balanced and should constant effective propulsion with no unnecessary resistance.

PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.	PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.
		In breaststroke the body position is streamlined. The leg should be continuous with ankle flexion and extension and a definite push/drive phase in the kick. Arm action will be simultaneous on the horizontal plane and consist of a strong pull phase with effective overall control. Recovery should involve dropping elbows and tucking them into the sides before the hands move forward to full recovery. Breathing exhalation should occur during the recovery and inhalation as the hands come under the chin. Timing shows some effective co-ordination.

PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.	PC(b) Appropriate decisions during performance are made that relate to refining performance	PC(c) Control and fluency demonstrated in refining performance in demanding
	in demanding contexts.	contexts.
		Butterfly may well be one
		of the strokes used at this
		level. Leg action is simultaneous
		and continuous kicking
		upwards and downwards. Action be
		at hips as legs begin up beat.
		As the legs rise to the surface
		knees bend as hips drop slightly
		below surface. Arm action is
		simultaneous and continuous
		with a definite strong angled pull
		from a catch position. Breathing
		occurs as the arms finish the
		propulsive phase and begin to
		recover and the head is out of the
		water.
		This is done through part lifting
		the head and part forcing the
		chin forward at this stage.

Sporting Activity (Advanced Higher) - Outcome 1 'Refine performance skilfully in the selected activity in increasingly demanding contexts'

For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three in portant factors of: i number of different swimming techniques required; ii ability to sustain performance ii ability to swim techniques at a certain speed; will be addressed in the descriptions of performance at level.Starts should be appropriate to stroke and be dynamic with forward momentum developed from a balanced, set position into the flight, entry and glide phase with a smooth entry into the swim without any loss of momentum.At this level the participant should be able to demonstrate efficient technique and proficient performance in three swim without any loss of momentum.At this level three strokes should show a high level of control and fluency in the other. There should be very little inconsistency even in demanding contexts.Stroke rhythm should be in ability to sustain performance will be addressed in the descriptions of performance at level.Stroke rhythm should be maintained up to entry into the turn. There should be no loss of momentum as body enters pike or tuck phase. Rotation should be fast and close to the wall tereds into the glide phaseAt this level three strokes should be fast and close to the wall to tuilise a strong drive off the without any pause.At this level three strokes the able to develop a high level of control and fluency in the the: the other. There should be performance at turn. There should be no loss of momentum as body enters pike or tuck phase. Rotation should be fast and close to the wall level.At this level thee strok	increasingly demanding contexts are performed skilfully and consistently in the sporting activity.		PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency demonstrated in performance in increasingly demanding contexts.
(information performance)	recognised techniques are Front crawl, Back crawl, Butterfly Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three important factors of: i number of different swimming techniques required; ii ability to sustain performance particular distances; iii ability to swim techniques at a certain speed; will be addressed in the descriptions of performance at	 stroke and be dynamic with forward momentum developed from a balanced, set position into the flight, entry and glide phase with a smooth entry into the swim without any loss of momentum. Stroke rhythm should be maintained up to entry into the turn. There should be no loss of momentum as body enters pike or tuck phase. Rotation should be fast and close to the wall to utilise a strong drive off the wall as the body opens out and extends into the glide phase 	At this level the participant should be able to demonstrate efficient technique and proficient performance in three strokes and competence in the other one. The performance of each stroke should be in demanding contexts. These should be against performers of similar ability over varied distances from 50m, 100m to 200m individual medley or an extended swim. For these performances the participants should be able to make relevant decisions that compliment and enhance their	At this level three strokes should show a high level of control and fluency and being able to develop a high level of control and fluency in the other. There should be very little inconsistency even in demanding contexts such as during the last 40m of a 200m swim. Control and fluency in front crawl and back crawl is refined. The body position is streamlined and almost horizontal with a slight incline down to the hips. Leg action is alternating and continuous, balancing the

PC(a) Techniques appropriate to re- increasingly demanding contexts are consistently in the selected sporting	performed skilfully and	PC(b) Appropriate decisions during performance made that relate to refining performance in increasingly	PC(c) Control and fluency demonstrated in performance increasingly demanding contexts.
The participant should be competent in all of the key elements of three of the identified strokes and being able to make an effective attempt at the other stroke. The key elements of the stroke are body position, leg action, arm action, breathing and timing. At this level are speed demands, reasonably sustained sprint swimming should be evident over shorter distances up to 100m. Participants should be able to swim approximately 200m prior to the onset of fatigue and stroke deterioration.	A controlled finish should be evident with the participant maintaining form over last ten metres, accelerated leg action and head down to extended touch as appropriate to stroke.	demanding contexts.	Initiated from the hip with long legs and slight bend at knee, relaxed ankles with toes pointed. Timing appropriate participant and distance. Arm action alternating and continuous. In back crawl entry hand with palm facing outwards between shoulder and head with arm slightly flexed at elbow in over the barrel position. Smooth arm pull in motion to recovery with elbow leading followed by hand. Breathing should be regular, controlled and if necessary bilateral. The timing should be smooth, balanced and should have constant propulsion.

PC(a) Techniques appropriate to refining performance increasingly demanding contexts are performed skilfully consistently in the selected sporting activity.	PC(c) Control and fluency are demonstrated in performance in increasingly demanding contexts.
	In breaststroke the body position is streamlined. The leg should be continuous with ankle flexion and extension and a definite push/drive phase in the kick. Arm action will be simultaneous on the same horizontal plane and consist of a strong pull phase with effective overall control.

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the selected sporting activity.	PC(b) Appropriate decisions during performance made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency demonstrated in performance increasingly demanding contexts.
		Recovery should involve dropping of the elbows and tuc them into the sides before the hands move forward to full recovery. Breathing exhalation occurs during the recovery and inhalation as the hands come under the chin. Timing shows effective co-ordination.
		In butterfly the body is streamlined and horizontal although this alters as body undulates in dolphin pattern from head to toe. Leg action is simultaneous and continuous kicking upwards and downwards. Action begins at hips as legs begin up beat.

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the selected sporting activity.	PC(b) Appropriate decisions during performance made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency demonstrated in refining performance in increasingly demanding contexts.
		As the legs rise to the surface knees bend as hips drop slightly below surface. The feet then whip down in a deep kick allowing hips to rise again. Arm action is simultaneous and continuous with the hands tracing a keyhole shape as they outwards, downwards, inwards and finally upwards and outwards a leaving the water by the thighs for recovery over the water. Breathing occurs as the finish the propulsive phase and being to recover and the head is out of the water. This is done by pushing the chin forward rather than lifting the head. There are usually two kicks to each cycle.

Sporting Activities: An Introduction (Access 3) - Outcome 1 'Perform skilfully in three different activities at a novice level'

		PC(b) Relevant rules procedures are adhered to during participation in the three activities.
At this level the participant is being introduced to and developing some of the important movements that define this particular activity. Court movement techniques should show some effective footwork, the ability to move between attack and defence and to attempt to pivot to retain possession. Their footwork should be mostly balanced and controlled with a wide base of support and low centre of gravity when necessary to retain possession. They should be able to take both small and large steps as necessary to assist in mo effectively. Some ability to move in different directions under control should be evident. For example at modest speeds being able to move backwards and across to cover space in defence.	They should be familiar with different shooting techniques and use these techniques in an identifiable way. Some shots may appear a little forced and many areas of refinement are necessary. Taking people on 1 vs 1 will be used rarely. They can dribble in quite well and complete an unopposed lay up shot quite effectively. At this level the participant should be developing ability to follow game patterns of play at a novice level. They should begin to anticipate changing from defence to offence and move accordingly. Occasionally they can follow changes in team play. For example through following the next moves in simple plays such as an outlet pass from defence at the beginning of a fast break.	At this level the participant should be able to follow relevant rules and procedures that allow passages of play to develop both in practices and small games. At this level participants should play according to the basic rules of fair play and safe well being of others. They should begin to realise the demanding but not overly physical nature of the game and should avoid unnecessary contact. They should be aware of the team nature of the game and play with this concept in mind. They should play according to the rules which have been determined for their particular setting.

PC(a) Techniques appropriate to a novice level are performed skilfully in each of the three different sporting activities.		PC(b) Relevant rules procedures are adhered to during participation in the three activities.
They should be able to jump stop if necessary and show an effective basic stance. They should show relative ease securing the ball. This should help to retain possession in both defence and in attack.	Participants can take on some of the responsibilities of a simple team strategy. They can adopt the positioning on court which in defence and offence which show some limited positional sense.	They should be aware of the importance of simple procedures that support the rules of the game such as safe playing areas, correct equipment.
Their passing should show reasonable accuracy with some effective timing and weighting, however it may be relatively limited in terms of use of different passes and with limited variation. Passes are likely to have limited penetration when under active pressure. Most of their 'safe' passes round the attacking periphery are usually effective.	Their posture, stance and joint alignment beginning to help them to control space in different positions. This spatial control and fluency is beginning to allow their techniques of passing, shooting to benefit. If playing man to man defence they can usually follow their opponents movements and can occasionally control space	
Their dribbling show be reasonably fluent and controlled, however it may be over-used and show a lack of control when under active pressure.	between opponents and the basket. In defence they can usually stay between opponent and the basket at the beginning of an attack.	

Sporting Activity (Intermediate 1) - Outcome 1 'Perform skilfully in the sporting activity at an introductory level'

PC (a) Techniques appropriate to an	introductory level are performed	PC(b) Appropriate decisions	PC (c) Appropriate
skilfully in the sporting activity with occasional consistency.		during performance are made	movement patterns during
		in contexts that relate to an	performance at an
		introductory level.	introductory level are used.
At this level the participant is	Taking people on 1 vs 1 will be	At this level the participant should	At this level the participant
being introduced to and	used rarely.	be able to select and combine	should be developing ability to
eveloping some of the sport	They can dribble in quite well	options that show effective	follow game patterns of play
specific necessary for later	complete an unopposed lay up	decision making in both attack and	at an introductory level. They
progression. The court movement	quite effectively.	defence. On occasion the	should begin to anticipate
techniques of the performance		participant may be able to instigate	changing from defence to offence
should show effective footwork,	Their ability to rebound is modest,	changes in team play. For example	and move accordingly.
the ability to move easily between a	perhaps through being unable	through setting up different types	Occasionally they can follow
and defence and to pivot to	to dominate space block out.	of attacks or closing down	changes in team play. For
retain possession.		opponents or space in defence.	example through following
			the next moves in simple plays
Their footwork should be balanced		Participants show a limited	such as an outlet pass from defence
and controlled with a wide base of		number of options for creating	at the beginning of a fast
support and low centre of gravity		space and outmanoeuvring	break or setting up a up pass
when necessary to retain		opponents both individually and	and cut to the basket in attack.
possession.		as part of linked team play.	

PC (a) Techniques appropriate to an introductory level are	PC(b) Appropriate decisions	PC (c) Appropriate
performed skilfully in the sporting activity with occasional	during performance are made	movement patterns during
consistency.	in contexts that relate to an	performance at an
	introductory level.	introductory level are used.
They should be able to jump stop	Occasionally this could involve	Participants can take on some of
if necessary and show an effective	deception, disguise and the ability	the responsibilities of a simple
basic stance. They should	to improvise in unexpected	team strategy. They can adopt the
show relative ease when securing	situations. Players can with	positioning on court in defence
the ball and ability to adopt a	guidance follow a planned strategy	and offence which reflect their
'triple threat' position in attack	and make some decisions during	responsibilities.
in order to make a contribution to	play about opponent's strengths /	
the team when attacking.	weaknesses and react to these. For	Their posture, stance and joint align
	example playing a man to man	are beginning to help
Their passing should show	defence and adopting certain	them to control space in different
reasonable accuracy with	attacking roles in offence.	positions. This spatial
effective timing and weighting,		control and fluency is
however it may be relatively	Players at this level are beginning	beginning to allow their
limited in terms of use of	to recognise the overall benefits of	techniques of passing,
different passes and	high percentage passing as part of	shooting etc to benefit.
variation and penetration when	team play and make decisions	
under active pressure. Most of	during play which usually make	If playing man to man defence
'safe' passes round the	this apparent. This is in preference	they can usually follow their
attacking periphery are	to using more problematic options	opponent's movements and can
usually effective.	such as dribbling in defence and	occasionally control space
	selecting low percentage scoring	between opponents and the
	options.	basket.

PC (a) Techniques appropriate to an introductor performed skilfully in the sporting activity with		PC(b) Appropriate decisions during performance are made	PC (c) Appropriate movement patterns during
consistency.	occasional	in contexts that relate to an	performance at an
consistency.		introductory level.	introductory level are used.
Their dribbling should be reasonably fluent controlled however it may be over-used and show a lack of control when under active pressure.			In defence they can and increase their degree of opposition as their opponents become more of an attacking threat.
They should be familiar with different shooting techniques and use these techniques in an identifiable but limited way. Some shots may appear a little forced and many areas of refinement may be			
necessary.			

Sporting Activity (Intermediate 2) - Outcome 1 'Perform skilfully in the sporting activity at a recreational level'

PC (a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC(b) Appropriate decisions during performance are made in	PC (c) Appropriate movement patterns during
skilleng in the sporting derivity with overall consistency.	contexts that relate to a	performance at a recreational
	recreational level.	level are used.
At this level the participant is develo	At this level the participant should	At this level the participant should
and partly	be able to select and combine	show an effective ability to follow
refining some of the sport specific	options that show effective	game patterns of play at a
movements necessary for later	decision making in both attack and	recreational level. They should
progression.	defence. On occasion the	anticipate changing from defence
The court movement	participant may be able to instigate	
techniques of the	changes in team play. For example	Occasionally they should set up
performance should show effective	through setting up different types	changes in team play. For example
fluent footwork, the ability to move	of attacks or closing down	through setting up simple plays
quickly between attack and	opponents or space in defence.	such as an outlet pass from
defence and to pivot to retain		defence at the beginning of a fast
possession.	Participants show a limited	break or setting up a pass and cut
	number of options for creating	to the basket in attack.
Their footwork should be	space and outmanoeuvring	
balanced and controlled with a	opponents both individually and	
wide base of support and low	as part of linked team play.	
centre of gravity, when necessary,		
to retain possession and dominate		
space.		

PC (a) Techniques appropriate to a recreational level are performed	PC(b) Appropriate decisions	PC (c) Appropriate
skilfully in the sporting activity with overall consistency.	during performance are made	movement patterns during
	that relate to a recreational	performance at a recreational
	level	level are used.
They should be able	Occasionally this could involve	Participants can take on some of
to jump stop if necessary	deception, disguise and the ability	the responsibilities of a simple
and show an effective basic stance.	to improvise in unexpected	team strategy. They can adopt the
	situations. Players can with	positioning on court in defence
They should show ease when	guidance follow a planned strategy	and offence which reflect their
securing the ball and an ability to	and make some decisions during	responsibilities.
adopt a 'triple threat' position in	play about opponent's strengths /	Their posture, stance and
attack in order to contribute to	weaknesses and react to these. For	joint alignment help them
team options when attacking.	example playing a man to man	to partially dominate and
	defence and adopting certain	control space in different positions.
Their passing should show	attacking roles in offence.	spatial control and fluency allows
reasonable accuracy with effective		their techniques of passing,
timing and weighting, however it	Players at this level	shooting, etc to benefit
may be relatively limited in terms	recognise the overall benefits	through being able to
of use of different passes and	of high percentage passing as	partly resist pressure placed on
variation when under active	part of team play and make	them by opponents.
pressure. Most of their 'safe'	decisions during play which	
passes round the attacking	make this apparent.	
periphery are effective.	This is in preference to using	
	problematic options such as	
Their dribbling should be	dribbling in defence and	
reasonably fluent and	selecting low percentage	
controlled, however it may be	scoring options.	
over-used and show a lack of		
control when under active		
pressure.		

PC (a) Techniques appropriate to a skilfully in the sporting activity with	PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC (c) Appropriate movement patterns during performance at a recreational level are used.
They should be familiar with different shooting techniques and use these techniques appropriately in play. Some shots may appear a little forced and some areas of refinement necessary. Taking people on 1 vs 1 will be used occasionally. They can dribble quite quickly often against passive opposition and complete a lay up shot effectively. Their ability to rebound is modest, perhaps through being unable to dominate space and often through poor timing.		In defence they can sag off when marking opponents and increase their degree opposition as their opponents become more of an attacking threat. If playing man to man defence they can usually follow their opponents movements a mostly control space between opponents and the basket.

Sporting Activity (Higher) - Outcome 1 'Refine performance in the sporting activity in demanding contexts'

PC (a) Techniques appropriate to refining performance in	PC(b) Appropriate decisions	PC (c) Control and
demanding contexts are performed skilfully in the sporting	during performance are made that	fluency are demonstrated
activity with a high degree of consistency.	relate to refining performance in	in refining performance in
	demanding contexts.	demanding contexts.
The relative importance of refining	At this level the participant can	At this level the participant can
different techniques to perform	make decisions in demanding	show control and fluency in
skilfully will be dependent upon	performance contexts that are	demanding performance contexts
players role within a team. For	often related to their specialist	that are often related to their
example, as a guard, centre or	position within the team unit. For	specialist position within the team
forward.	example, as a guard, centre or	unit. For example, as a guard,
	forward.	centre or forward.
At this level the participant	Participants can mostly select	
should demonstrate refined	correct options and	At this level the participant can
performance in demanding	set up definite planned set	show reasonable control and
contexts in ball control/retention,	plays as well as usually	fluency when adopting particular
dribbling, rebounding, passing, shoo	responding to the movements of	strategies both in defence and
defensive and attacking effectivenes	team players in initiating	offence.
	attacks. This could include the	
These contexts are likely to be	setting of straightforward	
demanding through the level of	screens and pass and cuts	
opposition and the degree of	the basket often from post plays.	
pressure applied in practices and		
conditioned games.		

activity with a high degree of consistency.relate to refining performance in demanding contexts.in refining performance in demanding contexts.The court movement techniques of the participant should show increasing effectiveness. Their personal ball retention techniques are very good and they should be able to command space both in defence and attack. Many aspectsIn defence they usually show an ability to make relevant defensive decisions based on managing space applying increasing degrees of pressure as necessary.When performing in the identified role they can effectively to other team players on most occasions to ensure that strategies are successfully adopted.defence and attack. Many aspects of court movement should become increasingly automatic to perform effectively.Players usually show an ability to manoeuvre and outmanoeuvre opponents both individually and as part of linked team play. This could involve deception, disguise and the ability to occasionally improvise in unexpected situations.They apply techniques effectively du the game. They take into account other options during play when deciding next moves. They execute their role with a responsibility towards their greater role with a responsibility towards their greater role within the team unit.derively.Players can with guidance adapt to changes in strategy and make decisions during play about opponents. Their shooting shows increasing control.Players can with guidance adapt to change between Different formations as required.the short part of int should be adapt play show increasing control.the ability to accasionally adapt play about opponents strengths / weaknesses.	PC (a) Techniques appropriate to refindemanding contexts are performed s	kilfully in the selected sporting	PC(b) Appropriate decisions during performance are made that	PC (c) Control and fluency are demonstrated
The court movement techniques of the participant should show increasing effectiveness. Their personal ball retention techniques are very good and they should be able to command space both in defence and attack. Many aspects 	activity with a high degree of consist	ency.	relate to refining performance in demanding contexts.	in refining performance in demanding contexts.
	the participant should show increasing effectiveness. Their personal ball retention techniques are very good and they should be able to command space both in defence and attack. Many aspects of court movement should become increasingly automatic to perform effectively. Increasingly in attack their passing opens up space through its variety and deception. They are increasingly effective at passing into tightly marked spaces. They can dribble comfortably when required and when combined with other techniques. For example, dribbling at the beginning of a lay up shot to get past opponents. Their shooting shows increasing		In defence they usually show an ability to make relevant defensive decisions based on managing space applying increasing degrees of pressure as necessary. Players usually show an ability to manoeuvre and outmanoeuvre opponents both individually and as part of linked team play. This could involve deception, disguise and the ability to occasionally improvise in unexpected situations. Players can with guidance adapt to changes in strategy and make decisions during play about opponents strengths / weaknesses. For example changing between	When performing in the identified role they can effectively to other team players on most occasions to ensure that strategies are successfully adopted. They can adapt to both a planned game plan and can occasionally adapt plans when necessary during play. They apply techniques effectively du the game. They take into account other options during play when deciding next moves. They execute their role with a responsibility towards their

PC (a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting	PC(b) Appropriate decisions during performance are made that	PC (c) Control and fluency are demonstrated
activity with a high degree of consistency.	relate to refining performance in	in refining performance in
	demanding contexts.	demanding contexts.
Shots are rarely forced and show		All of these attributes are
increasing refinement in the arc		apparent when working in
and speed of shot combined with		demanding contexts e.g in
an increase in the percentage		conditioned games such as
scored.		3 vs 3 cross court with players
		of near equal ability and in full
Rebounding is increasingly		team competitive tournaments and
effective.		events.

Sporting Activity (Advanced Higher) - Outcome 1 'Refine performance in the sporting activity in increasingly demanding contexts.'

PC (a) Techniques appropriate to ref	fining performance in increasingly	PC(b) Appropriate decisions during	PC(c) Control and fluency are
demanding contexts are performed skilfully and consistently in the in		performance are made that relate	demonstrated in refining
the sporting activity.		to refining performance in performance in increasingly	
		increasingly demanding contexts.	demanding contexts.
The relative importance of refining	Their shooting shows variety and	At this level the participant can	At this level the participant can
different techniques to perform	a high degree of control. Shots	make decisions in demanding	show control and fluency in
skilfully will be dependent upon	are rarely forced and show	performance contexts that are	demanding performance contexts
players role within a team, for	increasing refinement in the arc	often related to their specialist	that are often related to their
example, as a guard, centre or	and speed of shot combined with	position within the team unit, for	specialist position within the team
forward.	an increase in the percentage	example, as a guard, centre or	unit, for example, as a guard,
	scored.	forward. As such some of the	centre or forward.
At this level the participant should		following descriptions are more	
demonstrate refined performance	Their rebounding is purposeful,	applicable to some roles than	At this level the participant can
in increasingly demanding contexts	dominant and well timed.	others.	show control and fluency when
in ball control/retention, dribbling,			adopting particular strategies both
rebounding, passing, shooting,		Players can select options	in defence and offence. When
defensive and attacking		correctly and set up definite	performing in their identified role
effectiveness.		planned set plays as well as	they can link effectively to other
		responding to the movements of	team players to ensure that
These contexts are likely to be		other team players in initiating	strategies are successfully
increasingly demanding through		attacks. This could include the	adopted. They can adapt to both a
the level of opposition and the		setting of screens and cuts to the	planned game plan and to adapting
degree of pressure applied in		basket from high or low posts.	this when necessary during play.
practices and conditioned games.			

PC (a) Techniques appropriate to refining performance in increasingly	PC(b) Appropriate decisions during	PC(c) Control and fluency are
demanding contexts are performed skilfully and consistently in the in	performance are made that relate	demonstrated in refining
the sporting activity.	to refining performance in	performance in increasingly
	increasingly demanding contexts.	demanding contexts.
The court movement techniques of	In defence they show an ability to	They apply techniques effectively
the performer show a high degree	make relevant defensive decisions	during the game. They take into
of effectiveness. Their personal	based on managing space and	account a number of viable
ball retention techniques are	applying increasing degrees of	options during play in deciding
excellent and they should be able	pressure as necessary.	next moves. They execute their
to dominate space both in defence		individual role with a clear
and attack. Many aspects of court	Players show an ability to	responsibility towards their greater
movements are increasingly	manoeuvre and outmanoeuvre	role within the team unit.
automatic to perform effectively.	opponents both individually and as	
	part of linked team play. This	All of these attributes are apparent
In attack their passing frequently	could involve deception, disguise	when working in very demanding
opens up space through its variety	and the ability to improvise in	contexts e.g. in conditioned games
and deception. They are effective	unexpected situations.	such as 3 vs 3 cross court with
at passing into tightly marked		players of near equal ability and in
spaces and use this attribute often.	Players can adapt to changes in	full team competitive tournaments
	strategy and make decisions	and events.
They can dribble comfortably	during play about opponents	
when required and when combined	strengths/weaknesses	
with other techniques. For		
example, dribbling at speed at the		
beginning of a lay up shot to get		
past opponents.		

NOTE

The techniques appropriate at Access 3 and Intermediate 1 should focus on developing and refining the basic skills in isolation. It is only when these are achieved, can be sustained and repeated, then the activity can proceed to the level demanded/required for Intermediate 2, Higher and ultimately Advanced Higher.

Appropriate decisions and movements necessary for Intermediate 2, Higher and Advanced Higher can only be progressed when the appropriate techniques at earlier levels can be performed automatically during passages of play when opposition is active and problematic.

ASSOCIATION FOOTBALL

Sporting Activities: An Introduction (Access 3) - Outcome 1 "Perform skilfully in three different activities at novice level"

PC(a) Techniques appropriate to a novice lev different sporting activities.	el are performed skilfully in each of the three	PC (b) Relevant rules and procedures are adhered to during participation in the three activities.
At this level, the participant is being introduced to and developing some of the basic skills that define this particular activity. Small sided games should allow for these basic skills of the game to be in evidence. For example; passing should show a degree of accuracy with some indications of timing and weighting although this may not always be in evidence. Use of different passes at this stage will be limited. Under active pressure, passing may tend to break down. However passes in "open play" should be effective. Similarly, their control may be reasonable when not under pressure, but will tend to be rushed and break down when under active pressure.	At this level the participant should be developing the ability to play the game and incorporate skills within that game at a novice level. In small sided games changes from attacking to defending should be explained and then fed back into the game. This should include some understanding of positional awareness. 1 v 1 situations should be used to refine the skills of <u>tackling</u> and <u>heading</u> as these will be elements within the game. Small sided games should be encouraged to engage the performers in more ball contact. This is particularly relevant for novice performers when skills are being developed and refined.	At this level the participant should be able to follow relevant rules and procedures that allow passages of play to develop both in practices and small games. At this level players should play according to the basic rules of fair play and safety and well being of others. They should begin to realise the demanding but not overly physical nature of the game and should avoid unnecessary contact. They should be aware of the team nature of the game and play with this concept in mind. They should play according to the rules which have been determined for their particular setting.

PC(a) Techniques appropriate to a novice level are p different sporting activities.	formed skilfully in each of the three PC (b) Relevant rules and procedures are adhered to during participation in the three activities.
They should be familiar with <u>receiving</u> and <u>controlling</u> with various parts of the body and use these techniques in an identifiable way. Some techniques will appear laboured and many areas in need of refinement. The skills of passing, receiving and controlling should be demonstrated effectively in unopposed play.	They should be aware of the importance of simple procedures that support the rules of the game such as safe playing areas, correct equipment.

ASSOCIATION FOOTBALL

Sporting Activity (Intermediate 1) – Outcome 1 "Perform skilfully in the sporting activity at an introductory level"

PC (a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.	PC (b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC (c) Appropriate movement patterns during performance at an introductory level are used.	
At this level the participant is developing some of the sport specific movements necessary for later progression. The techniques of	At this level the participant should be able to select and combine options that show decision- making in both attack and defence. For	At this level the participant should be developing ability to follow game patterns of play at an introductory level. They should	
performance should show effective control/footwork and an ability to retain possession of the ball in "open areas".	example setting up attacks or closing down opponents.	begin to anticipate changing from defence to attack (where fitness permits) and move accordingly.	
Footwork should demonstrate balance and close control albeit to a limited degree with passive opposition.	Participants may show a limited number of options for creating space/outmanoeuvring opponents both individually or as part of a	Participants can take on some of the responsibilities of a simple team strategy.	
At this stage passing should show reasonable accuracy with effective timing and weighting, however it may be relatively limited in terms of	team play. Participants may make decisions during play about opponents strengths/weaknesses and react to these, e.g. man-marking or certain attacking roles.	They can adopt the positioning on the pitch which in defence and attack reflects these responsibilities.	
use of different passes. Similarly, variation and penetration when under active pressure or in "areas of compression" will be limited also.	Participants should begin to recognise the benefits of passing – <u>"two touch game".</u>	Posture, stance, balance, fluency, etc., is beginning to allow their techniques of passing, shooting, control, etc., to benefit.	
Most of their "safe passes" round the periphery ("open areas") are usually effective.	This is in preference to a problematic option such as "dribbling" in defence or "dwelling" on the ball.	In man to man marking in defence they can follow opponents movements but may be dragged out of position or alternatively "lose an opponent" through ball watching.	
PC (a) Techniques appropriate to an	PC (b) Appropriate decisio	0	
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introductory level are performed skilfully in the	performance are made in contexts t	nat relate to	performance at an introductory level are used.
sporting activity with occasional consistency.	an introductory level.		
"Dribbling"/Ball control should be reasonably			
fluent and controlled, however it may be over-			
used – "peripheral vision absent" and show a			
lack of control when under active pressure.			
They should be aware of shooting techniques			
and use these techniques in an identifiable but			
limited way. Shots may be rushed/forced,			
inaccurate and many areas of refinement			
necessary.			
1 vs 1 can be used for shooting as can running			
with the ball, both without opposition. These			
can then be re-integrated within the small			
game.			

ASSOCIATION FOOTBALL

Sporting Activity (Intermediate 2) – Outcome 1 "Perform skilfully in the sporting activity at a recreational level"

PC (a) Techniques appropriate to a recreational level are performed skilfully in the	PC (b) Appropriate decisions during performance are made in contexts in contexts	PC (c) Appropriate movement patterns during performance at a recreational level are used.
sporting activity with overall consistency.At this level the participant is developing and	that relate to a recreational level. At this level the participant should be able to	At this level the performer should demonstrate
partly refining some of the sport specific	select and combine options that show effective	an effective ability to follow game patterns of
movements necessary for later progression.	decision making in either attack or defence.	play at a recreational level. They should
Techniques/Ball Skills should show effective	On occasion the participant may instigate	anticipate moving from defense to attack and
fluent techniques necessary to retain	changes in team play. For example – setting	move accordingly.
possession as an individual or as a team.	up an attack or closing down opponents or	
The skills developed should mean continuous,	space.	They should be able to set up simple plays.
fluent passages of play can be sustained and possession retained.	Options may be in evidence for creating space or out- manoeuvring opponents either individually or as part of a team tactic.	Participants take some responsibility for simple team strategies. They can adopt the positioning in defence and attack reflecting the
Passing should show reasonable accuracy with		role or, in small sided games, the area they are
delivery to feet with effective timing and	Improvisation will figure largely in the "top	covering.
weighting. However it may be relatively limited in terms of use of different passes and	third" as situations develop.	
variation when under active pressure. Most	Players can, with guidance, employ a basic	
safe passes in "open" play are effective.	strategy and take decisions during play by	
	reacting to opponents strengths/weaknesses,	
	e.g. man to man marking, fast break - counter attack.	
	counter attack.	

PC (a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC (b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC (c) Appropriate movement patterns during performance at a recreational level are used.
Their "dribbling"/control should be reasonably controlled and fluent but once again over-used and show a lack of control under active pressure.	Participants at this level should recognise the overall benefits of high percentage passing as part of team play and make decisions during play which will make this apparent.	Positions and formations help dominate and control space in different parts of the playing area. Control of space allows the techniques of passing, ball control and shooting etc., to benefit by resisting pressure placed on them by
They should be familiar with different shooting techniques in play as appropriate. Shots may be rushed and in need of refinement.Taking people on 1 v 1 becomes an option, especially in the "top third" of the park/playing area. They can dribble quite quickly against	This is in preference to the problematic options, dribbling in defence/too deliberate in shooting option.	When defending they may drop deeper and "man mark" when the opposition becomes more of an attacking threat with a spare man covering "space" in front of goal.
passive opposition and finish with a shot recognising the techniques appropriate in each instance.		

ASSOCIATION FOOTBALL

Sporting Activity (Higher) – Outcome 1 'Refine performance skilfully in the sporting activity in demanding contexts'

PC (a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.	PC (b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC (c) Control and fluency are demonstrated in refining performance in demanding contexts.
 a high degree of consistency. The importance of refining different techniques to perform skilfully will be dependent, to a degree, upon the participant's role within a team. For example as a forward/defender. However, <u>all skills</u> should be part of any participant's repertoire. At this level the participant's should demonstrate refined performance in demanding contexts in ball control, passing, shooting, defensive and attacking effectiveness. These contexts are likely to be demanding 	At this level the participant can make decisions in demanding performance contexts, e.g. as a defender to 'hold' or commit the challenge, as attacker to commit the defender. Participants can mostly select correct options and set up definite planned set moves in addition to responding to movements of the team players as an attacking option. In defence an ability to make defensive decisions based on reducing space or applying pressure or even both.	At this level the participant can show control and fluency in demanding performance contexts that are often related to their team position. For example forward, midfield, defender. At this level the participant can show reasonable control and fluency when adopting strategies either in attack or defence. When playing in a particular position they can link effectively with other team players on most occasions. They can adapt to both a planned game plan but also adjust game plans when
through the level of opposition and the degree of pressure applied in practices and conditioned games.	Participants usually show an ability to manoeuvre/outmanoeuvre opponents both individually and as part of a linked team strategy. The ability to improvise in expected situations is a decisive factor.	necessary during play.

PC (a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.	PC (b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC (c) Control and fluency are demonstrated in refining performance in demanding contexts.
Movement techniques of the participant should show increasing effectiveness. Personal ball- skill techniques should be very good and they should be able to find space both in defence and attack. Many aspects of movement in the playing area should become increasingly automatic and effective.	Participants can, with guidance, adapt to changes in strategy and make decisions during play about opponents strengths/weaknesses. For example changing between different formations, raising the tempo, etc.	They apply techniques effectively during the game. They are also aware of the various options during play before deciding which one. They can execute their individual role with a responsibility towards their role within the team unit. All of these attributes are apparent when working in very demanding contexts, e.g. conditioned games $3 v 3$; $5 v 5$; limited
In attack, passing and movement opens up space through its variety and deception/delay. They can pass accurately into tightly marked colleagues or spaces.		space, one/two touch to full team competitive matches.
They can dribble comfortably when required and in combination with other plays. For example controlling, dribbling and shooting. Thus shooting shows increasing control, accuracy and success.		
Shots are increasingly 'on target', rarely forced and show composure in pressured areas.		

ASSOCIATION FOOTBALL

Sporting Activity (Advanced Higher) – Outcome 1 "Refine performance in the sporting activity in increasingly demanding contexts".

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.	PC (b) Appropriate decisions during performance are made that relate to refining performance increasingly demanding contexts.	PC (c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.
The relative importance of refining	At this level the participant can make decisions	At this level the participant can show control
performances in increasingly demanding	in demanding performance contexts that are	and fluency in demanding performance
contexts are performed skilfully in the selected	often related to their specialist position within	contexts that are often related to their position
sporting activity with a high degree of	the team unit. For example, as a defender,	within the team, e.g. defender, midfield,
consistency.	midfield or forward. As such, some of the	forward.
The relative importance of refining different	following descriptions are more applicable to	At this level the participant can show
techniques to perform skilfully will be	some roles than others.	reasonable control and fluency when adopting
dependent upon participant's role within a	Participants can select options correctly and	particular tactics in both defence and attack.
team. For example defender, midfield, forward	set up definite planned set plays as well as	When performing in their identified role they
(wing back).	responding to the movements of other team	can link effectively to other team players to
At this level the participant should demonstrate	players in initiating attacks, e.g. diagonal ball	ensure that tactics are successfully adopted.
refined performance in increasingly demanding	and support from attacking midfield	They can adapt to both a planned game plan
contexts in ball control/possession, passing,	players/overlapping wing backs.	and adjusting this when necessary during play.
shooting, defensive and attacking options and	In defence they show ability to make relevant	They apply techniques effectively during the
opportunities. These contexts are likely to be increasingly demanding through the level of opposition and the degree of pressure applied in practice and conditioned games.	defensive decisions based on managing space and applying degrees of pressure as necessary.	game. They take into account a number of viable options during play in deciding next moves. They execute their individual roles with a clear responsibility towards their greater role within the team unit.

PC (a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.	PC (b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.	PC (c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.
Movement techniques of the participant show a high degree of effectiveness. Their personal ball-playing techniques are excellent and they should be able to dominate areas (space) both in defence and attack. Many aspects of movement are automatic and	Participants show an ability to manoeuvre and out-manoeuvre opponents both individually and as part of a linked team play. This could involve deception, disguise and the ability to improvise in unexpected situations. Participants can adapt to changes in strategy	All of these attributes are apparent when working in very demanding contexts, e.g. conditioned games such as 3 v 3 in tight areas, retaining possession with players of near equal ability and in full team competitive tournaments and events.
In attack their passing and runs frequently open up space through its variety and deception. They are effective at passing into tightly marked colleagues and use this attribute	and make decisions during play about opponents strengths/weaknesses.	
often. They can run comfortably with the ball when required and combine this with other techniques. Technical skills such as "dribbling" at speed to get past opponents and		
shoot.		

PC (a) Techniques appropriate to refining	PC (b) Appropriate decisions during	PC (c) Control and fluency are demonstrated
performance in increasingly demanding	performance are made that relate to refining	in refining performance in increasingly
contexts are performed skilfully and	performance in increasingly demanding	demanding contexts.
consistently in the sporting activity.	contexts.	
Their shooting and passing shows variety an a		
high degree of control (passing), shots are		
rarely rushed and show increasing refinement		
in speed and flight of delivery.		
Winning the ball in broken play is purposeful		
and composed.		

NOTE

The techniques appropriate at Access 3 and Intermediate 1 should focus on developing and refining the basic skills in isolation. It is only when these are achieved, can be sustained and repeated, then the activity can proceed to the level demanded/required for Intermediate 2, Higher and ultimately Advanced Higher.

Appropriate decisions and movements necessary for Intermediate 2, Higher and Advanced Higher can only be progressed when the appropriate techniques at earlier levels can be performed automatically during passages of play when opposition is active and problematic.

Sporting Activities: An Introduction (Access 3)– Outcome 1 'Perform skilfully in three different activities at a novice level'

PC(a) Techniques appropriate to a novice le different sporting activities.	PC(b) Relevant rules and procedures are adhered to during participation in the three activities.	
At this level, the participant is taking part at a novice level. They are becoming familiar with general court movement patterns. Performance by the participant will relate to the fundamental elements of Badminton which are: Body management Shot selection / execution Adapting technique These fundamental elements should be applied in a novice context allowing for a confidence building initiation into the activity. Techniques that may be introduced include; Court movement Serves - low, high. Overhead forehand – clears, Underarm forehand – clears.	This will involve the participant playing at a novice level displaying some preparation for hitting and some awareness of space in an attempt to maintain co-operative hitting . Large movements to allow hitting will occasionally take place although occasionally preparatory movements will still be in their infancy and will appear slightly static. Body management will be evident throughout the participant's performance through showing occasional balance and transfer of weight when hitting. They show a developing sense of reactive movement and they begin to work out in advance some straightforward patterns of play.	A novice level participant should be able to follow relevant rules and procedures that allow some co-operative hitting to occur. At this level participants should be able to recognise that points begin with an intended serve and how the outcome of the previous point dictates who serves with the following point. Participants should begin to realise the demanding nature of the game once running and hitting are involved.

PC(a) Techniques appropriate to a novice level different sporting activities.	PC(b) Relevant rules and procedures are adhered to during participation in the three activities.	
At this level participants are required to play a limited range of identifiable shots. Performance at this level is exemplified through participants maintaining dynamic balance by making necessary adjustments to	performance through playing a large number of shots to mid court at a relatively slow speed	They should be aware of the team nature of the game and play with this concept in mind. They should play according to the rules which have been determined for their particular setting.
body positions when moving and playing shots. Adapting technique will be evident in the participant's performance through use of		simple procedures that support the rules of the game such as safe playing areas, correct

Sporting Activity (Intermediate 1) – Outcome 1 'Perform skilfully in the selected sporting activity at an introductory level'

PC(a) Techniques appropriate to an introductory level are performed		PC(b) Appropriate decisions	PC(c) Appropriate movement
skilfully in the sporting activity with occasional consistency.		during performance are made in	patterns during performance at an
	-	contexts that relate to an	introductory level are used.
		introductory level.	
At this level, the participant is	This will involve the participant in	In demanding contexts the	Performance by the participant in
working at an introductory level	playing in introductory situations	participant can maintain control of	a demanding context will be
and is beginning to develop some	displaying some early reactions	speed, spin and direction. The	reflected in their development of
sport specific movements	and awareness of space in an	range of techniques available at	the fundamental elements of
necessary to perform skilfully in	attempt to play sustained points.	this developmental level are:	Badminton which are:
introductory contexts.	Relevant movements will be	Court movement	Body management
Performance by the participant	performed in order to allow some	Services – low, high.	Shot selection/execution
will related to the fundamental	continuous play.	Overhead forehand – clears,	Adapting technique
elements of Badminton which are:		Underarm forehand – clears	
	Body management will be	Net shots – drops.	The development of Body
Body management	evident throughout the		management relates to refining
Shot selection/execution	participant's performance usually	This decision making process	the body movements necessary to
Adapting technique	maintaining good posture, balance,	involves three fundamental	create the basis for effective
	agility, transfer of weight, control	elements of Badminton:	performance. This involves
These fundamental elements	of centre of gravity, co-ordination		players making anticipatory
should be applied in a introductory	and managing to get semi side on	Body management	movements in order to get semi
context, at the relevant stage, to	in playing, most overhead shots.	Shot selection/execution	side on with flex in joints, well
recognised progression within		Adapting technique	balanced, racquet taken back in
Badminton as follows:			control, weight transferred
			forward throughout the shot and
			well co-ordinated movements.

PC(a) Techniques appropriate to a skilfully in the sporting activity with	an introductory level are performed occasional consistency.	PC(b) Appropriate decisions during performance are made that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
Court movement	Shot selection / execution	Through performance participants	All these features enable control
Serves - low, high.	will be evident in developing a	will develop an ability to select	and fluency to be established in the
Overhead forehand - clears,	range of techniques that can be	and execute appropriate shots	participant's movement repertoire.
Underarm forehand - clears.	applied to meet the different types	whilst playing in demanding	
Net shots - drops.	of shots returned by participants.	contexts.	The development of Shot
	Some variation is apparent		selection /execution will involve
At this level participants are	through occasionally adapting	Awareness of shot	playing shots covering both net,
required to perform effectively and	types of shots played.	selection/execution will involve	cross court, down the line and
with occasional consistency within		participants in decisions relating to	deep to the back of the court.
introductory contexts.	Adapting technique will be	angle and direction of shot and	Some shots can also be combined
Performance at this level is	evident in the participant's	playing to their strengths with	- for example a deep overhead
exemplified through participants	performance through moving to	regard to game strategy.	clear across court to opponent's
moving with large rather than fine	respond to different shots and to	Participants can also use building	backhand. Participants can show
movements making necessary	adapt technique quickly in	shots to establish control in rallies	an awareness of where their
adjustments to body positions	planning returns.	and use serves to play to their	opponent is in selecting shots.
when moving and playing shots.		strengths.	They can also plan ahead through
			playing a building shot which may
			later set up a winning attacking
			shot.

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level. PC(c) Appropriate movement patterns during performance at an introductory level are used.
	The development of Adapting technique will involve participants making adaptations to refined techniques in demanding performance situations. This will involve showing more extended touch or power than usual due to positioning and playing shots quicker through lack of time for correct body preparation.

Sporting Activity (Intermediate 2) – Outcome 1 'Perform skilfully in the sporting activity at a recreational level'

PC(a) Techniques appropriate to skilfully in the sporting activity with		PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
At this level, the participant is refining and further developing the sport specific movements necessary to perform skilfully in demanding contexts. Performance by the participant will relate to the fundamental elements of Badminton which are: Body management Shot selection / execution Adapting technique	This will involve the participant in playing in competitive situations displaying effective body awareness of space in an attempt to control rallies. Relevant movements will be performed with both economy and accuracy. Body management will be evident throughout the participants performance usually maintaining good posture, balance, agility, transfer of weight, control of centre of gravity, co-ordination and managing to get semi side on in playing most overhead shots.	In demanding contexts the participant can maintain control of speed, spin and direction. The range of techniques available at this developmental level are: Serves - low, high Overhead forehand - clears, drops and smashes. Backhand – clears Underarm forehand – clears Net shots – drops. This decision making process involves three fundamental elements of Badminton: Body management Shot selection / execution Adapting technique	Performance by the participant in a demanding context will be reflected in their development of the fundamental elements of Badminton which are: Body management Shot selection / execution Adapting technique

PC(a) Techniques appropriate to	a recreational level are performed	PC(b) Appropriate decisions	PC(c) Appropriate movement
skilfully in the sporting activity with	overall consistency.	during performance are made in	patterns during performance at a
		contexts that relate to a	recreational level are used.
		recreational level.	
These fundamental elements	Shot selection / execution	Through performance participants	The development of Body
should be applied in a demanding	will be evident in performance	will develop an ability to select	management relates to refining
context, at the relevant stage, to	through an effective mix of touch,	and execute appropriate shots	the body movements necessary to
recognised progression within	building and power shots which	whilst playing in demanding	create the basis for effective
Badminton as follows:	are part of an overall defensive or	contexts.	performance. This involves players
	attacking strategy. Some variation		making anticipatory movements in
Court movement	is apparent through occasionally	Awareness of shot selection /	order to get semi side on with flex
Serves – low, high	adapting strategy.	execution will involve participants	5 I I
Overhead forehand – clears,		in decisions relating to angle and	, E
drops and smashes.	Adapting technique will be		transferred forward through the
Backhand – clears	evident in the participant's	6	shot and well co-ordinated
Underarm forehand –clears	performance through use of	game strategy. Participants can	
Net shots – drops.	improvised shots often played	also use building shots to establish	•
	under pressure and to shots that		established in the participant's
At this level participants are	are played with intended disguise.	play to their strengths.	movement repertoire.
required to perform effectively and			
with increasing consistency within			
demanding contexts. Performance			
at this level is exemplified through			
participants maintaining dynamic			
balance by making necessary			
adjustments to body positions			
when moving and playing shots.			

Sporting Activity (Higher) – Outcome 1 'Refine performance skilfully in the sporting activity in demanding contexts'

contexts are performed skilfully in degree of consistency.	refining performance in demanding n the sporting activity with a high This will involve the perticipant in	PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.
At this level, the participant is refining and further developing the sport specific movements necessary to perform skilfully in demanding contexts. Performance by the participant will relate to the fundamental elements of Badminton which are: Body management Shot selection / execution Adapting technique	This will involve the participant in playing in competitive situations displaying effective body awareness of space in an attempt to control rallies. Relevant movements will be performed with both economy and accuracy. Body management will be evident throughout the participant's performance usually maintaining good posture, balance, agility, transfer of weight, control of centre of gravity, co-ordination and managing to get semi side on in playing most overhead shots.	In demanding contexts the participant can maintain control of accuracy and direction. The range of techniques available at this developmental level are: Court movement Serves – low, flick, high. Overhead forehand - clears, drops and smashes. Backhand – clears Net shots – drops This decision making process involves three fundamental elements of Badminton: Body management Shot selection / execution Adapting technique	Performance by the participant in a demanding context will be reflected in their development of the fundamental elements of Badminton which are: Body management Shot selection / execution Adapting technique The development of Body management relates to refining the body movements necessary to create the platform for effective performance. This involves players making anticipatory movements in order to get semi side on with flex in joints, well balanced, racquet taken back in control, weight transferred forward through the shot and well co-ordinated movements.

	refining performance in increasingly skilfully in the selected activity with	PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.
These fundamental elements should be applied in a demanding context, at the relevant stage, to recognised progression within Badminton as follows: Court movement Serves - low, flick, high.	Shot selection / execution will be evident in performance through an effective mix of touch, building and power shots which are part of an overall defensive or attacking strategy. Some variation is apparent through occasionally	Through performance participants will develop an ability to select and execute appropriate shots whilst playing in demanding contexts. Awareness of shot selection /	All these features enable control and fluency to be established in the participant's movement repertoire and give the appearance of the participant having 'time' to play relevant shots.
Overhead forehand – clears, drops and smashes. Backhand – clears. Underarm forehand – clears. Net shots - drops. At this level participants are required to perform effectively and with increasing consistency within increasingly demanding contexts. Performance at this level is exemplified through participants maintaining dynamic balance by making necessary adjustments to body positions when moving and playing shots.	adapting strategy. Adapting technique will be evident in the participant's performance through use of improvised shots often played under pressure and to shots that are played with intended disguise.	execution will involve participants in decisions relating to angle and direction of shot and playing to their strengths with regard to game strategy. Participants can also use building shots to establish control in rallies and use serves to play to their strengths. They can outmanoeuvre opponents and capitilise on opponent's unforced errors.	The development of Shot selection/execution will involve playing shots covering both net, cross court, down the line and deep to the back of the court. Some shots can also be combined – for example a deep overhead clear across court to opponent's backhand leading to a smash played for the return. Participants can show an awareness of where their opponent is in selecting shots. They can also plan ahead through playing a building shot which may later set up a winning attacking shot.

PC(a) Techniques appropriate to refining performance in increase demanding contexts are performed skilfully in the selected activity	with during performance are made that demonstrated in refining
a high degree of consistency	relate to refining performance performance in demandin demanding contexts.
	demanding contexts.
	The development of Adaptin
	techniques will involve
	participants in making adaptation
	to refined techniques in demanding
	performance situations. This w
	involve showing more extended
	touch or power than usual due
	positioning and playing sho
	quicker through lack of time f
	correct body preparation.

Sporting Activity (Advanced Higher) - Outcome 1 'Refine performance in the sporting activity in increasingly demanding contexts'

PC(a) Techniques appropriate to a	refining performance in increasingly	PC(b) Appropriate decisions	PC(c) Control and fluency are
demanding contexts are performed skilfully and consistently in the		during performance are made that	demonstrated in refining
sporting activity.		relate to refining performance in	performance in increasingly
		increasingly demanding contexts.	demanding contexts.
At this level, the participant is	This will involve the participant playing in competitive situations	In increasingly demanding contexts the participant can	Performance by the participant in a demanding context will be
refining and further developing the sport specific movements	displaying assured effective body	maintain control of speed, spin and	reflected in their development of
necessary to perform skilfully in	awareness of space in controlling	direction. The range of	the fundamental elements of
increasingly demanding contexts.	rallies. Relevant movements will	techniques available at this	Badminton which are:
Performance by the participant	be performed with both economy	developmental level are:	Body management
will relate to the fundamental	and accuracy.	Serves - low, flick, high.	Shot selection / execution
elements of Badminton which are:		Overhead forehand - clears, drops	Adapting technique
	Body management will be	and smashes.	
Body management	evident throughout the	Backhand – clears	The development of Body
Shot selection / execution	participant's performance	Underarm forehand - clears	management relates to refining
Adapting technique	maintaining good posture, balance,	Net shots – drops, cross courts.	the body movements necessary to
	agility, transfer of weight, control		create the basis for effective
These fundamental elements	of centre of gravity, co-ordination	This decision making process	performance. This involves players
should be applied in increasingly	and managing to get semi side on	involves three fundamental	making anticipatory movements in
demanding contexts, at the	in playing most overhead shots	elements of Badminton:	order to get semi side on with flex
relevant stage, to recognised	through fluent controlled	Body management	in joints, well balanced, racquet
progression within Badminton as	footwork and general body	Shot selection / execution	taken back in control, weight
follows:	preparation.	Adapting technique	transferred forward through the
			shot and well co-ordinated
			movements.

	refining performance in increasingly	PC(b) Appropriate decisions	PC(c) Control and fluency are
demanding contexts are performed skilfully and consistently in the		during performance are made that	demonstrated in refining
sporting activity.		relate to refining performance in	performance in increasingly
~		increasingly demanding contexts.	demanding contexts.
Court movement	Shot selection / execution	Through performance participants	All these features enable control
Serves - low, flick, high.	will be evident in performance	will develop an ability to select	and fluency to be established in the
Overhead forehand – clears,	through an effective mix of touch,	and execute appropriate shots	participant's movement repertoire.
drops and smashes.	building and power shots which	whilst playing in demanding	
Backhand – clears.	are part of an overall defensive or	contexts.	The development of Shot
Underarm forehand – clears.	attacking strategy. Some variation		selection / execution will involve
Net shots – drops, cross courts.	is apparent through occasionally	Awareness of shot selection /	playing shots covering both net,
	adapting strategy.	execution will involve participants	cross court, down the line and
At this level participants are		in decisions relating to angle and	deep to the back of the court.
required to perform effectively and	Adapting technique will be	direction of shot and playing to	Some shots can also be combined
with increasing consistency within	evident in the participant's	their strengths with regard to	- for example a deep overhead
increasingly demanding contexts.	performance through use of	game strategy. Participants can	clear across court to opponent's
Performance at this level is	improvised shots often played	also use building shots to establish	backhand. Participants can show
exemplified through participants	under pressure and to shots that	control in rallies and use serves to	an awareness of where their
maintaining dynamic balance by	are played with intended disguise.	play to their strengths.	opponent is in selecting shots.
making necessary adjustments to			They can also plan ahead through
body positions when moving and			playing a building shot which may
playing shots.			later set up a winning attacking
			shot.

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the		· · · ·
sporting activity.	relate to refining performance in	performance in increasingly
	increasingly demanding contexts.	demanding contexts.
		The development of Adapting
		technique will involve
		participants in making adaptations
		to refined techniques in demanding
		performance situations. This will
		involve showing more extended
		touch or power than usual due to
		positioning and playing shots
		quicker through lack of time for
		correct body preparation.