



GCSE PE – Video Evidence Guidance

Your child has selected to be assessed in an activity that will require video evidence for the PE department and exam board to assess their performance. I have attached some general guidance to ensure the evidence fulfils the requirements set out by AQA (GCSE PE examining board).

All videos should begin with the candidate introducing themselves:

- Name (plus candidate number if known)
- GCSE PE (year)
- Name of the activity

The GCSE PE activity criteria is separated into **TWO** sections:

- Isolated Skills (out of 10)
- Application of skills under pressure (out of 25)

Video evidence

The video should be split up into the above sections and should clearly show all the assessment requirements of the selected physical activity, which will probably require a combination of:

- Closer range shots, to show aspects such as stance, posture, position, outcome/result of the skills
- Close-up shots to show specific requirements and techniques, for example grips in racquet activities.
- Wide-angled shots, to give an overall perspective + outcome/result of the skills (e.g. where the tennis ball lands on a serve)
- Slow motion to highlight technique
- Students being assessed must be easily identifiable

In order that all the assessment requirements are shown and it is easy for the moderator to award marks, it is important for the video to be accompanied by a commentary (voice or text on screen, such as 'Serving'), or a storyboard, and also that, where possible, the assessment requirements to be shown 'in order' on the criteria sheet.

Tennis

Section 1 – Isolated/Unopposed Practice Situations.

Candidates are assessed on **any four** of the skills listed below when performed in isolation or unopposed practice.

- Grips and their implementation for different shots
- Movement around the court e.g. Sequence of shot (baseline groundstroke – approach shot – volley – smash, lateral movement forehand to back hand or baseline shot to return a drop shot at the net)
- Ground shots - forehand and backhand with topspin, slice and flat
- Serves – flat, slice and topspin
- Return of serve
- Volley – forehand, backhand
- Lob – forehand and backhand, defensive and attacking
- Drop shot
- Half volley

Show at least 5 of each chosen skill from the list above – showing continuity in the level of technical accuracy, with accurate precision, control and fluency. This will be marked out of 10 – the criteria for this will be on the left of sheet, read all band descriptions (1-2, 3-4, 5-6, 7-8, 9-10).

Section 2 – Application Of Skills, Techniques, Decision Making under Pressure During a Conditioned Practice and Competitive Situation.

For tennis they should show a few competitive games/matches – at a challenging level (so if they play for a club then an opponent of equal standard).

It is important to gather footage through the season so that you can choose your best games for your GCSE PE evidence, **do not leave it till the last minute and have to use the last game of your season.**

Skiing Videos

- Introduce the student by name and candidate number, we must see a face shot and a full body shot with the clothing they will be wearing so the teacher assessor and external moderator can identify the candidate. This is most important if the ski run is busy, we must be able to keep track of them at all times on the recording.
- Explain where and when the video is being shot.
- Show the level of any downhill run they are going to do e.g. record the notice board that shows it is a “Black Run”.

Section 1 – Isolated/Unopposed Practice Situations

Candidates will be assessed on **any four** of the skills listed below. Skills should progress so that they are being performed at a suitable speed on an appropriate gradient, according to the level of ability.

- Handling of skis (carrying, putting on and taking off)
- Standing after a fall
- Sidestep up/herring bone
- Traversing
- Side slipping
- Straight running (schussing)
- Stopping (plough, skid/parallel)
- Control of rate of descent (ploughing, carving, short radius, amplitude)
- Control direction (plough steering, plough parallel, linked parallel, carved and skidded arcs) as well as other specific traits (see levels)

Work through all the skills the student must show, in the same order as on the Skiing criteria show them perform each skill at least three times.

Piste Classification	Level
Green	1
Blue	2+3
Red	4+5
Black	4+5

Section 2 – Application Of Skills, Techniques, Decision Making under Pressure During a Conditioned Practice and Competitive Situation.

Show the run that the student will do as the final part of the video. If possible, get someone who is taking the video to video and ski down the run with the student, usually from just behind. Ski down the most difficult run they can show e.g. if they are able to ski down a black run and ski through a mogul field.

Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations, as well as:

- Either a slalom (1:15 gates depending on level), or downhill or ski cross or slopestyle.
- Management of the course
- Managing speed
- Managing direction
- Adapting to changing conditions
- Adapting to changing terrain
- Adapting to competitors
- Route selection appropriate to level
- Use of appropriate physical attributes to benefit the performance (coordination, dynamic balance)
- Focus and self-control to the demands of the conditioned/formal/competitive situation.
- Ability to adapt to external factors
- Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies