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Be the best you can be

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Dear Parents and Carers

I am writing to you regarding your son/daughter's A Level Physical Education practical assessment.

As communicated to your child since the start of the A Level course, all candidates must provide video evidence for their chosen practical activity. Please see below the requirements for the footage:

- **INTRODUCTION**

Full name and candidate number displayed or provided verbally at the beginning.

- **PLAYER-CAM**

Show the student playing in a **competitive situation** demonstrating as many of the core and advanced skills laid out in the OCR criteria (see below for link). This should be continuous footage. If a **TEAM** sport then the footage should be 8-10 minutes long and should be a wide enough angle to show the game, and if an **INDIVIDUAL** sport then the duration of the performance.

Please ensure the camera follows your child throughout the video footage (even if they are not involved in play). It is important that your child is viewed in situations that allow them to demonstrate decision making and tactical awareness.

- **ISOLATED SKILLS**

All core and advanced skills that your child did not get an opportunity to show in the continuous player cam footage, can be shown in a separate piece of footage. This can be done in one of two ways but it is essential that each skill is performed a number of times to show consistency.

1. In other competitive game situations over a number of different games/competitions, edited together (this is the preferred way as it shows the student in a competitive environment)
2. Skills in isolation at a training session/own session for example a 3v2 drill

Each section of the video needs to be named. This can be done by adding a caption or the student announcing the skill they are about to perform.



As communicated to your child, all video evidence must be submitted to Miss Clarke, whose office is located in the Girls' PE department by **Monday 26 February**. I would strongly advise that, if in any doubt, your son/daughter seek advice/feedback from myself or Mr Hallahan much earlier to confirm that the footage is acceptable, as after this date no changes will be able to be made which could affect their practical grade.

Please see the below link for OCR's criteria for each sport. This has been shared many times with your child and a computer room was booked in the Summer of 2023, in order to print off the key skills that need to be evidenced.

[HTTPS://WWW.OCR.ORG.UK/IMAGES/234840-AS-AND-A-LEVEL-GUIDE-TO-NON-EXAM-ASSESSMENT.PDF](https://www.ocr.org.uk/images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf)

In addition, all candidates must complete **logs of competitive participation** in their activities/sports to show their frequency and level of participation. These may be called upon as supporting evidence. Please see below and attached more guidance to help with the record of participation and the video footage. If you have any questions, please do not hesitate to contact me on lswan@st-martins.essex.sch.uk

Yours sincerely

Mrs L Swan
Head of PE & Performing Arts Faculty

Useful information and tips

Candidates should state their name and candidate number to the camera before starting the activity to ensure that they can be clearly identified. We suggest using lettered and/or numbered bibs to help identify candidates rather than similarly coloured bibs

Filmed evidence can be accompanied by a commentary. These could outline where candidate performances are located on the film, any identifying information (e.g., bib letter/number)

The performance should include the candidate's use of communication in performances where it is an element of that role

Film from different angles to best show performances, e.g., simply filming one corner of the athletics track is not enough, you must film the whole run

Where the environment in which the activity is taking place is relevant to the assessment of the activity, centres must include a thorough and accurate description, for example, a piste map in skiing or grade of a climb in rock climbing.

Footage should be produced in a format compatible with VLC media player and should be recorded in good light

Footage should use the zoom function on the camera as appropriate

If filmed evidence does not contain competitive footage, marks can be adjusted downwards as we will not be able to see the skills in action. It can lead to the decision-making being awarded 0 as there will be no evidence of this

Team invasion games

The camera must focus on and follow the candidate being assessed as much as possible. A camera set up in the corner rarely gives enough detail for larger team games like rugby, football and hockey, therefore centres should provide a range of filming angles. Where conditioned situations are being used as the only competitive evidence, explain on the footage the conditions/ rules, make sure enough is shown to demonstrate consistent execution, and consider how to progress pressure/difficulty within the practice(s).

Golf

Film shots from different par holes, displayed within competitive pressured game situations. We must be able to see a wide variety of core and advanced skills displayed in pressured competitive settings, e.g. over several holes with different characteristics and a range of pars. We would strongly suggest that a commentary by the candidate on club and shot selection to show the decision-making process is included. Recommend two angles of filming at times, if possible, to show body position and full movement. Alternatively vary the filming angle for different shots during the round to show this. Walking between shots does not need to be filmed. Inclusion of a course map/information is encouraged.

Canoeing / Cross Country / Cycling / Equestrian / Kayaking / Rowing /Sailing / Sculling / Windsurfing

Starts must be filmed as a minimum, finishes and several segments in the middle, including enough to demonstrate consistency and show all of the required core and advanced skills. The filmed competitive evidence must include a range of different elements e.g. different terrain, water conditions, inclines / descents.