

Joe Student GCSE PHYSICAL EDUCATION (SKIING) ASSESSMENT

Joe was assessed using Cambridge IGCSE PE 041 Physical Education GCSE specification.

Basic Skill and techniques for skiing

Warm up – Joe was tasked with performing a warm up prior to his skiing session. He had an excellent understanding of the differences between static and dynamic warm ups and ensured the warm up he proposed was skiing specific.

Walking wearing skis and all other points – Joe is an experienced skier and easily completed all the basic skill tasks listed.

Evaluating and improving performance. – Joe was given some feedback on areas for improvement in his skiing as was able to swiftly make positive changes. He understood the reasons why he was asked to make the changes and when shown video of his own skiing was able to evaluate his own performance, correctly identifying the minor flaws present.

Basic rules/regulations and safety for skiing – Joe had a deep understanding of safety regulations for skiing. He was quizzed on the 10 safety rules from the skier's codes and knew the all.

First Aid - Joe was clear and concise on what to do in an emergency situation and in a mock accident scenario performed the basic first aid of Airway, Breathing and Circulation. He understood that the telephone numbers were on the piste maps. Only a slight issue in that he was more concerned with calling for help prior to initial assessment and assisting the victim and thought that checking pulse (Circulation) was the first thing to do when performing first aid.

Where and where not to ski – We discussed safety issues on pistes which Joe was very clear on and also he had a good understanding of what to do in a white out situation, what the 5 levels of avalanche risk were and the colour coding for the avalanche warning flags. He correctly identified some signage and had a good understanding of group management and how to prepare for a days skiing on and off piste.

Using tows and lifts - Joe was very competent on the poma (button) lift at the indoor snow centre, we did not have a chair lift but discussed proper use and etiquette for using chair lifts and Joe was very clear on correct procedures.

Skiing Assessment

On the accompanying DVD Joe demonstrates the following skills:

1. Herringbone ascent of the slope.
2. Side slipping descent

3. Skidding to a halt (hockey stops)
4. Short radius turns
5. Long radius turns
6. Slalom course

Video evidence

Joe was videoed skiing at The Snow Centre, Hemel Hempstead on 26 July 2012. The following commentary applies to the video clips on the DVD that forms part of this assessment:

Clip 1

Joe ascends a hill using a herringbone method. He performs this expertly with clean edges and a strong hip position.

Clip 2

Joe shows a controlled side-slip, keeping body square to the skis as he slips down the slope and is able to perform on each side.

Clip 3

Joe performs a straight run to a skidded stop (hockey stop). He does this very well with a strong basic posture and stays within a narrow corridor as tasked.

Clip 4

Joe performs short radius turns and is filmed from behind, he has good posture stance and has very good movements flexing and extending his joints at the correct point in the turn. He uses the skis edges very well.

Clip 5

Joe performs short radius turns, he exhibits some upper body rotation. His hand carriage is too low and narrow and this contributes to some shoulder swinging at times.

Clip 6

Joe is asked to make long radius turns. After the short radius turns from clip 5 he is asked to have a wider hand carriage and to pole plant at the beginning of the turn. He swiftly makes this improvement.

Clip 7

Basic slalom course. It is evident that Joe has done some race courses as he takes a very good line through the course and turns early and at the correct point to maximise speed through the course. He has excellent posture and turns using the skis edges expertly.

Summary

Joe was easily in the Upper band of 41-50 and I would award him a score of 46.

He is a strong recreational skier with good all round skills. With some additional ski coaching Joe could expand his skill set to be able to ski the whole mountain with ease. His understanding of the Basic skills and techniques as discussed above was outstanding.

Assessment undertaken by Scott Pleva 27 July 2012

British Association of Snowsport Instructors (BASI) Level 3 ski instructor

BASI Level 2 Alpine development coach (licence number 11580)

UK Snowsports Level 4 performance coach (reg number 19789)

Head Coach Under 12's Hemel Ski Race Club