

### A-level skills criteria for list of activities

The following table outline the practical requirements for each activity including the criteria/content for each area of assessment.

| Activity                                  | Comments                                                                    | Area of assessment 1                                               | Area of assessment 2                                               | Area of assessment 3   |
|-------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|------------------------|
| Acrobatic gymnastics                      |                                                                             | Routine 1                                                          | Routine 2                                                          | Tactics and strategies |
| Amateur boxing                            |                                                                             | Attacking skills                                                   | Defensive skills                                                   | Tactics and strategies |
| Association football                      | Cannot be five-a-side                                                       | Attacking skills                                                   | Defensive skills                                                   | Tactics and strategies |
| Athletics                                 | Long distance running must not exceed 10,000m                               | Event 1                                                            | Event 2                                                            | Tactics and strategies |
| Badminton                                 |                                                                             | Attacking skills                                                   | Defensive skills                                                   | Tactics and strategies |
| Basketball                                |                                                                             | Attacking skills                                                   | Defensive skills                                                   | Tactics and strategies |
| Camogie                                   |                                                                             | Attacking skills                                                   | Defensive skills                                                   | Tactics and strategies |
| Canoeing<br>(flat water)<br>(white water) |                                                                             | Event/race 1<br>Downstream skills                                  | Event/race 2<br>Upstream skills                                    | Tactics and strategies |
| Cricket                                   | Cannot do both fielding and wicket keeping                                  | Batting skills or bowling skills or fielding/wicket-keeping skills | Batting skills or bowling skills or fielding/wicket keeping skills | Tactics and strategies |
| Cycling                                   | Track, road, cycling or BMX (racing, not tricks). Cannot be cycle speedway. | Event/race 1                                                       | Event/race 2                                                       | Tactics and strategies |
| Dance                                     |                                                                             | Dance 1                                                            | Dance 2                                                            | Choreography           |

| Activity                                  | Comments                          | Area of assessment 1                                | Area of assessment 2                                | Area of assessment 3   |
|-------------------------------------------|-----------------------------------|-----------------------------------------------------|-----------------------------------------------------|------------------------|
| Diving                                    | Platform diving                   | Six dive routine (men)<br>Five dive routine (women) | Six dive routine (men)<br>Five dive routine (women) | Tactics and strategies |
| Equestrian                                |                                   | Flat work                                           | Jumping                                             | Tactics and strategies |
| Figure skating                            |                                   | Programme/performance 1                             | Programme/performance 2                             | Choreography           |
| Futsal                                    |                                   | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Gaelic football                           |                                   | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Golf                                      |                                   | Short irons (7-wedges)/ putting                     | Long irons (driver-6 iron)                          | Tactics and strategies |
| Gymnastics                                | Floor routines and apparatus only | Apparatus                                           | Apparatus                                           | Tactics and strategies |
| Handball                                  |                                   | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Hockey                                    | Must be field hockey              | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Hurling                                   |                                   | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Ice hockey                                |                                   | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Inline roller hockey                      |                                   | Attacking skills                                    | Defensive skills                                    | Tactics and strategies |
| Kayaking<br>(flat water)<br>(white water) |                                   | Event/race 1<br>Down water skills                   | Event/race 2<br>Up water skills                     | Tactics and strategies |

| Activity      | Comments                                                                                                                                                                                                                                                                 | Area of assessment 1 | Area of assessment 2 | Area of assessment 3   |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------------|------------------------|
| Lacrosse      |                                                                                                                                                                                                                                                                          | Attacking skills     | Defensive skills     | Tactics and strategies |
| Netball       |                                                                                                                                                                                                                                                                          | Attacking skills     | Defensive skills     | Tactics and strategies |
| Rock climbing | Can be indoor or outdoor                                                                                                                                                                                                                                                 | Climb 1              | Climb 2              | Tactics and strategies |
| Rowing        |                                                                                                                                                                                                                                                                          | Race 1               | Race 2               | Tactics and strategies |
| Rugby league  | Cannot be tag rugby                                                                                                                                                                                                                                                      | Attacking skills     | Defensive skills     | Tactics and strategies |
| Rugby union   | Can be assessed as 7's or 15 a side (not tag)                                                                                                                                                                                                                            | Attacking skills     | Defensive skills     | Tactics and strategies |
| Sailing       | Royal Yachting Association recognized sailing boat classes only. The list can be found online at:<br><a href="https://www.rya.org.uk/racing/british-youth-sailing">https://www.rya.org.uk/racing/british-youth-sailing</a><br>Students must perform in the role of helm. | Race 1               | Race 2               | Tactics and strategies |
| Sculling      |                                                                                                                                                                                                                                                                          | Race 1               | Race 2               | Tactics and strategies |
| Skiing        | Outdoor/indoor on snow. Must not be dry slopes                                                                                                                                                                                                                           | Race 1               | Race 2               | Tactics and strategies |
| Snowboarding  | Outdoor/indoor on snow. Must not be dry slopes                                                                                                                                                                                                                           | Race 1               | Race 2               | Tactics and strategies |
| Squash        |                                                                                                                                                                                                                                                                          | Attacking skills     | Defensive skills     | Tactics and strategies |

| Activity     | Comments                  | Area of assessment 1   | Area of assessment 2  | Area of assessment 3   |
|--------------|---------------------------|------------------------|-----------------------|------------------------|
| Swimming     | Not synchronised swimming | Race 1                 | Race 2                | Tactics and strategies |
| Table tennis |                           | Attacking skills       | Defensive skills      | Tactics and strategies |
| Tennis       |                           | Attacking skills       | Defensive skills      | Tactics and strategies |
| Trampolining |                           | Routine 1 (compulsory) | Routine 2 (voluntary) | Tactics and strategies |
| Triathlon    | Sprint only               | Event 1                | Event 2               | Tactics and strategies |
| Volleyball   |                           | Attacking skills       | Defensive skills      | Tactics and strategies |
| Water polo   |                           | Attacking skills       | Defensive skills      | Tactics and strategies |
| Windsurfing  |                           | Race 1                 | Race 2                | Tactics and strategies |

#### Specialist activities

| Specialist activity | Comments | Area of assessment 1 | Area of assessment 2    | Area of assessment 3   |
|---------------------|----------|----------------------|-------------------------|------------------------|
| Blind cricket       |          | Batting skills       | Bowling/fielding skills | Tactics and strategies |
| Boccia              |          | Throws at the jack   | Blocking throws         | Tactics and strategies |
| Goal ball           |          | Attacking skills     | Defensive skills        | Tactics and strategies |
| Powerchair football |          | Attacking skills     | Defensive skills        | Tactics and strategies |
| Polybat             |          | Attacking skills     | Defensive skills        | Tactics and strategies |
| Table cricket       |          | Batting skills       | Fielding skills         | Tactics and strategies |

| Specialist activity   | Comments | Area of assessment 1 | Area of assessment 2 | Area of assessment 3   |
|-----------------------|----------|----------------------|----------------------|------------------------|
| Wheelchair basketball |          | Attacking skills     | Defensive skills     | Tactics and strategies |
| Wheelchair rugby      |          | Attacking skills     | Defensive skills     | Tactics and strategies |