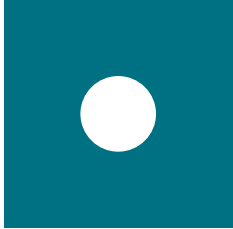




PE GCSE INDIVIDUAL PRACTICAL PERFORMANCE EDEXCEL 2016+

PE GCSE individual practical performance programme at Caldecotte Xperience, Milton Keynes for Paddle Sports and Rock Climbing with exit routes into a progressive club.



GCSE EDEXCEL

Canoeing, Kayaking & Climbing.





Over the last 28 years the Caldecotte Xperience has been delivering a high level of Outdoor Education to a wide variety of schools, youth groups and other government agencies. We offer a targeted approach to the schools own aims and objectives with real and measurable outcomes.

Benefits of the programme:

- Increase participant confidence within the new social setting
- To accelerate new positive behaviours within the pupils new environment
- To reduce negative behaviour
- To identify students who might struggle within the classroom environment
- To identify students who show leadership potential
- To foster leadership skills
- Social interaction with staff in a neutral setting
- To interact with the natural environment
- To improve GCSE grades and scores
- To offer individual activities at a high standard

The programme uses a wide range of outdoor activities that have been selected to unify a group of students through different facilitation techniques. Individual and group behaviour can then be challenged when they arise. Areas of learning include:

- Understand the benefits of working together
- Create a positive learning environment
- To accelerate new friendships
- To build positive interaction with each other
- To enhance own confidence and trust with other individuals

PRICING SCHEMES

For each Individual Activity Programme

Cost of programme for 10 students for 6 x 2-hour sessions : £660.00

Group size : 10

Cost per student : £66.00

Bursary available for courses : £12.00 per person

Cost per student after bursary : £54.00 per person

Cost of programme after bursary : £540.00 for each group of 10 students

Bursary available in December 2018 - February 2019

Exit route into Monday or Saturday and Climbing clubs for additional levels or continued learning.
Course preparation materials available for pre-learning.

The course can be completed over a weekend:

Arrival on Saturday, one night full board, departure on Sunday after lunch

Cost per student : £91.00

Arrival on Friday, 2 night's full board, departure on Sunday after lunch including 1 outdoor
adventurous activity session on the Friday evening not connected to the learning of the course.

Cost per student : £127.00

The Course is delivered in the required 12 hours of canoeing content and can be delivered to the group either weekly, over the course of a 2 or 3-day residential weekend and includes the opportunity for the school to record the candidates taking part in each of the required levels of the qualification.

The timetable of delivery. This can be subject to alteration of session length dependent on the requirements of the school, nature of the candidates.

Session 1 - 2 hours

Intro to equipment, PPE, Lifting, launching and carrying boat; Forward and reverse paddling and stopping; move the boat sideways; Linked paddling movement; securing the canoe, disembarking is achieved. Short journey on the lake.

Session 2 - 2 hours

Recap on above - Reverse over a figure of eight course with ineffective control and stability; linking strokes; turning solo and tandem; balance; short journey on the lake

Session 3 - 2 hours

Recap on above - draw strokes; pry strokes; J strokes; short journey on the lake

Session 4 - 2 hours

Recap on above - Prevent capsize; Ending with capsize drill/self-rescue and recovery; short journey on the canal to show how to adapt to the conditions and environment

Session 5 and 6 - 2 hours each

Assessment of four skills and application of skills, techniques and decision making under pressure

Candidates will be assessed on any four of the skills listed below when performed in isolation/unopposed practice:

- lifting, launching and carry a boat
- forward paddling, stopping
- reverse over a figure of eight course
- knifed J (Canadian stroke)
- move the boat sideways using appropriate techniques
- use sculling draws, sculling support or simple pry strokes
- prevent capsizing
- Eskimo rescue and under a tow
- turning, tandem/solo
- Securing the boat and disembarking.

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:

- journeying on flat, moving and/or white water, e.g. 2 hours to complete 6km.
- take account of external factors: e.g. weather, crowd, competitors in
- race
- apply pace judgement.
- ability to adapt to changing circumstances eg weather, opposition
- decision making
- adhering to rules, health and safety guidelines, and considering appropriate risk management strategies.

An exit route to continue canoeing after the course is available through Caldecotte Xperience Monday and Saturday club at the centre and other venues as pre-arranged by the club for candidates wishing to improve and continue canoeing following the course.

CANOEING

This may be delivered and assessed either at a lake, canal or river venue by Caldecotte Xperience for the individual activities aspect of the qualification.

There are two areas to be taught and assessed through the programme: performance in isolation and the application of those learned skills and techniques in a formal setting for assessment.

The performance of skills and techniques in isolation/unopposed situations

Candidates will be assessed on any four of the skills listed below when performed in isolation/unopposed practice:

- lifting, launching and carry a boat
- forward paddling, stopping
- reverse over a figure of eight course
- knifed J (Canadian stroke)
- move the boat sideways using appropriate techniques
- use sculling draws, sculling support or simple pry strokes
- prevent capsizing
- Eskimo rescue and under a tow
- turning, tandem/solo
- securing the boat and disembarking.

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

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:

- journeying on flat, moving and/or white water, e.g. 2 hours to complete 6 km.
- take account of external factors: e.g. weather, crowd, competitors in race
- apply pace judgement.
- ability to adapt to changing circumstances e.g. weather, opposition
- decision making
- adhering to rules, health and safety guidelines, and considering appropriate risk management strategies

The course delivered by Caldecotte Xperience covers each descriptor and level as prescribed by Pearson Edexcel and is marked by the criteria of the same.

Provision for filming of the candidates is included in the course and each candidate can be identified by numbered vests. Filming is to be carried out by the school or group and is not the responsibility of the Caldecotte Xperience. Every effort will be made to allow each candidate to be recorded as necessary during every session.

Each candidate will have an individual mark scheme completed demonstrating the level achieved through the learning aspect of the course and the performance situation.

The mark scheme parameters are followed as per below: Levels 1 - 2



The performance of skills and techniques in isolation/unopposed situations

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

Level 1

Mark 1-2

Demonstrates an **ineffective** level of technical accuracy, with little or no precision, control and fluency, when:

- Lifting, launching and carrying boat is ineffective.
- Forward paddling and stopping lacks technical merit, consistency and efficiency.
- Reverse over a figure of eight course with ineffective control and stability.
- Knifed J (Canadian stroke) lacks technical accuracy and stability.
- Attempts to move the boat sideways with inappropriate techniques, lacking control and stability.
- Sculling draws, sculling support or simple pry strokes lack efficiency and control.
- Prevent capsizing, perform an Eskimo rescue and under a tow is unsecure and ineffective.
- Turning, tandem/solo lacks control.
- Linked paddling movement.
- Trim/tilt and balanced sailing is ineffective.
- Securing the canoe, disembarking is achieved but inconsistently.

Mark 1-5

Demonstrates **ineffective** skills, techniques and decision making, with little or no precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.

- Position-specific skills and techniques performed ineffectively.
- Skills and techniques performed ineffectively with inaccurate timing and inconsistent application.
- No awareness and use of environmental conditions to benefit performance.
- Journeying is inconsistent and occasionally completed.

Level 2

Mark 3-4

Demonstrates a **basic** level of technical accuracy, with little precision, control and fluency, when:

- Limited ability to safely lift, carry and launch boat.
- Forward paddling and stopping lacks technical accuracy and stability.
- Reverse over a figure of eight course to assist turning lacks control
- Knifed J (Canadian stroke) are inconsistent.
- Attempts to move the boat sideways with inappropriate techniques and lacks efficiency.
- Sculling draws, sculling support or simple pry strokes are limited and lack efficiency.
- Prevent capsizing, perform an Eskimo rescue and under a tow is limited in effectiveness.
- Turning, tandem/solo is limited and lacks efficiency.
- Linked paddling movement is somewhat effective.
- Trim/tilt and balanced sailing is limited in effectiveness.
- Securing the boat, disembarking is completed with some effect.

Mark 6-10

Demonstrates **basic** skills, techniques and decision making, with little precision, control and fluency, during a conditioned/formal/competitive situation, to include the following;

- Position-specific skills and techniques performed basically.
- Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements.
- Attempts to respond to environmental conditions but without success.
- Journeying is completed with difficulty/uncompleted.

The mark scheme parameters are followed as per below: Levels 3 - 5



The performance of skills and techniques in isolation/unopposed situations	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation
<p>Level 3 Mark 5-6</p>	<p>Mark 11-15</p>
<p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Competent lifting, launching and carry a boat. • Forward paddling and stopping has some proficiency. • Reverse over a figure of eight course is effective if not technically correct. • Knifed J (Canadian stroke) is effective if not technically correct. • Move the boat sideways using appropriate techniques has some proficiency. • Use sculling draws, sculling support or simple pry strokes is effective if not technically correct. • Prevent capsizing, perform an Eskimo rescue and under a tow is performed effectively and securely. • Turning, tandem/solo has some proficiency. • Linked paddling movement is effective. • Trim/tilt and balanced sailing shows signs of some proficiency. • Securing the boat, disembarking is undertaken securely. 	<p>Demonstrates a competent level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Position-specific skills and techniques performed competently. • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Attempts to respond to environmental conditions, but with little success. • Journeying is completed with some successes but may require additional support.
<p>Level 4 Mark 7-8</p>	<p>Mark 16-20</p>
<p>Demonstrates a good level of technical accuracy, with precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Consistent and secure lifting, carrying and launching boat. • Forward paddling and stopping is efficient and technically sound. • Reverse over a figure of eight course is technically sound and efficient. • Knifed J (Canadian Stroke) is consistent and secure technically. • Move the boat sideways using appropriate techniques is consistent and secure technically. • Use sculling draws, sculling support or simple pry strokes is technically sound and efficient. • Prevent capsizing, perform an Eskimo rescue and under a tow is effective and secure. • Turning, tandem/solo is consistent and secure technically. • Linked paddling movement is consistently effective. • Trim/tilt and balanced sailing is effectively consistent. • Securing the boat, disembarking is consistent and secure. 	<p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Good position-specific skills and techniques. • Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements. • Responds to environmental conditions with some success. • Journeying is completed proficiently within time limitations
<p>Level 5 Mark 9-10</p>	<p>Mark 21-25</p>
<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Consistent and secure lifting, carrying and launching boat. • Forward paddling and stopping is technically correct and efficient. • Reverse over a figure of eight course is technically correct, secure and efficient. • Knifed J (Canadian stroke) is technically correct and efficient. • Move the boat sideways using appropriate techniques is technically correct and efficient. • Use sculling draws, sculling support or simple pry strokes is technically correct and efficient. • Prevent capsizing, perform an Eskimo rescue and under a tow is secure, correct and effective. • Turning, tandem/solo is consistent and effective. • Linked paddling movement is consistently efficient. • Trim/tilt and balanced sailing is consistently efficient. • Securing the boat, disembarking is competent and secure. 	<p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Very good position-specific skills and techniques. • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Responds effectively to environmental conditions. • Journeying is completed to strict time limits and undertaken safely and proficiently.



KAYAKING

The Course is delivered in the required 12 hours of kayaking content and can be delivered to the group either weekly, over the course of a 2 or 3-day residential weekend and includes the opportunity for the school to record the candidates taking part in each of the required levels of the qualification.

The timetable of delivery. This can be subject to alteration of session length dependent on the requirements of the school, nature of the candidates.

Session 1 - 2 hours

Intro to equipment
PPE, Lifting, launching and carrying boat; Forward and reverse paddling and stopping; turning on the move

Session 2 - 2 hours

Recap on above –
Moving sideways, sculling for support, recovery strokes

Session 3 - 2 hours

Recap on above –
Reverse over a figure of eight course with tilting to assist turning; control and stability; low brace and high brace

Session 4 - 2 hours

Recap on above – Sculling draw, draw on the move, hanging draw. Towing and use of a tow line.
Water rescues

Session 5 and 6 - 2 hours each

Assessment of four skills and application of skills, techniques and decision making under pressure

Candidates will be assessed on any four of the skills listed below when performed in isolation/unopposed practice:

- lifting, carrying and launching boat
- forward paddling
- reverse figure of eight/tilting to assist turning
- turning whilst on the move
- supporting – low and high brace and turn, sculling for support, recovery strokes
- moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw
- take charge of a deep-water rescue without assistance
- towing and use of a tow line
- securing the boat and disembarking.

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 undertaking a slalom/gated course (including turning to go through upstream and downstream gates) or journeying on flat, moving and/or white water either in conditioned practice or formal/competitive situations
- When undertaking the selected performance medium the candidate demonstrates the application of appropriate technical skills to support and bring about a successful slalom/journey conclusion
- The application of appropriate considerations to tactical decision making to overcome natural hazards such as water flow rate and negotiating portages
- Demonstrates the appropriate physiological conditioning in order to complete either conditioned/formal/competitive situations including pacing and fatigue management
- To fully apply and manage risk management issues when planning and undertaking slalom/journeying
- Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies.

An exit route to continue kayaking after the course is available through Caldecotte Xperience Monday and Saturday club at the centre and other venues as pre-arranged by the club for candidates wishing to improve and continue kayaking following the course.

KAYAKING

This may be delivered and assessed either at a lake, canal or river venue by Caldecotte Xperience for the individual activities aspect of the qualification.

There are two areas to be taught and assessed through the programme: performance in isolation and the application of those learned skills and techniques in a formal setting for assessment.

The performance of skills and techniques in isolation/unopposed situations

Candidates will be assessed on any four of the skills listed below when performed in isolation/unopposed practice: lifting, carrying and launching boat

- forward paddling
- reverse figure of eight/tilting to assist turning
- turning while on the move
- supporting – low and high brace and turn, sculling for support, recovery strokes
- moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw
- take charge of a deep-water rescue without assistance
- towing and use of a tow line
- securing the boat and disembarking

The course delivered by Caldecotte Xperience covers each descriptor and level as prescribed by Pearson Edexcel and is marked by the criteria of the same.

Provision for filming of the candidates is included in the course and each candidate can be identified by numbered vests. Filming is to be carried out by the school or group and is not the responsibility of the Caldecotte Xperience.

Every effort will be made to allow each candidate to be recorded as necessary during every session.

Each candidate will have an individual mark scheme completed demonstrating the level achieved through the learning aspect of the course and the performance situation.

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

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 undertaking a slalom/gated course (including turning to go through upstream and downstream gates) or journeying on flat, moving and/or white water either in conditioned practice or formal/competitive situations
- When undertaking the selected performance medium the candidate demonstrates the application of appropriate technical skills to support and bring about a successful slalom/journey conclusion
- The application of appropriate considerations to tactical decision making to overcome natural hazards such as water flow rate and negotiating portages
- Demonstrates the appropriate physiological conditioning in order to complete either conditioned/formal competitive situations including pacing and fatigue management
- To fully apply and manage risk management issues when planning and undertaking slalom/journeying
- Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies

The mark scheme parameters are followed as per below: Levels 1 - 2



The performance of skills and techniques in isolation/unopposed situations

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

Level 1

Mark 1-2

Demonstrates an **ineffective** level of technical accuracy, with little or no precision, control and fluency, when:

- lifting, carrying and launching boat
- forward paddling
- reverse figure of eight/tilting to assist turning
- turning while on the move
- supporting – low and high brace and turn, sculling for support, recovery strokes
- moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw
- take charge of a deep-water rescue without assistance
- towing and use of a tow line
- securing the boat and disembarking

Mark 1-5

Demonstrates skills, techniques and decision making **ineffectively**, with little or no precision, control and fluency, during a conditioned /formal/competitive situation, to include the following.

- Skills and techniques performed ineffectively with inaccurate timing and inconsistent application.
- No awareness and use of environmental conditions to benefit performance such as weather conditions.
- Ineffective application of appropriate considerations to tactical decision making to overcome natural/unnatural hazards such as water flow rate /negotiating portages/other water users.
- Demonstrates inappropriate physiological conditioning in order to complete either conditioned/formal/competitive situations including pacing and fatigue management.
- Fails to fully apply and manage risk management issues when planning and undertaking slalom/journeying.
- Journeying is inconsistent and occasionally completed

Level 2

Mark 3-4

Demonstrates a **basic** level of technical accuracy, with little precision, control and fluency, when:

- lifting, carrying and launching boat
- forward paddling
- reverse figure of eight/tilting to assist turning
- turning while on the move
- supporting – low and high brace and turn, sculling for support, recovery strokes
- moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw
- take charge of a deep-water rescue without assistance
- towing and use of a tow line
- securing the boat and disembarking

Mark 6-10

Demonstrates skills, techniques and decision making to a **basic** level, with little precision, control and fluency, during a conditioned/ formal/competitive situation, to include the following.

- Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements.
- Attempts to respond to environmental conditions but without success such as the weather conditions.
- A basic application of appropriate considerations to tactical decision making to overcome natural/unnatural hazards such as water flow rate /negotiating portages/other water users.
- Demonstrates limited physiological conditioning in order to complete either conditioned/formal/competitive situations including pacing and fatigue management.
- Can apply limited manage risk management issues when planning and undertaking slalom/journeying.
- Journeying is completed with difficulty /uncompleted

The mark scheme parameters are followed as per below: Levels 3 - 5



The performance of skills and techniques in isolation/unopposed situations	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation
<p>Level 3 Mark 5-6</p>	<p>Mark 11-15</p>
<p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency, when:</p> <ul style="list-style-type: none"> • lifting, carrying and launching boat • forward paddling • reverse figure of eight/tilting to assist turning • turning whilst on the move • supporting – low and high brace and turn, sculling for support, recovery strokes • moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw • take charge of a deep-water rescue without assistance • towing and use of a tow line • securing the boat and disembarking 	<p>Demonstrates skills, techniques and decision making to a competent level with some precision, control and fluency, during a conditioned /formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Attempts to respond to environmental conditions, but with little success such as the weather conditions. • Competent application of appropriate considerations to tactical decision making to overcome natural/unnatural hazards such as water flow rate/negotiating portages/other water users. • Demonstrates a competent level of the appropriate physiological conditioning in order to complete either conditioned/formal/competitive situations including pacing and fatigue management. • Applies a competent application of manage risk management issues when planning and undertaking slalom/journeying. • Journeying is completed with some successes but may require additional support
<p>Level 4 Mark 7-8</p>	<p>Mark 16-20</p>
<p>Demonstrates a good level of technical accuracy, with precision, control and fluency, when:</p> <ul style="list-style-type: none"> • lifting, carrying and launching boat • forward paddling • reverse figure of eight/tilting to assist turning • turning whilst on the move • supporting – low and high brace and turn, sculling for support, recovery strokes • moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw • take charge of a deep-water rescue without assistance • towing and use of a tow line • securing the boat and disembarking 	<p>Demonstrates skills, techniques and decision making to a good level, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements. • Responds to environmental conditions with some success such as the weather conditions • Good application of appropriate considerations to tactical decision making to overcome natural/unnatural hazards such as water flow rate /negotiating portages/other water users • Demonstrates to a good level the appropriate physiological conditioning in order to complete either conditioned/formal/competitive situations including pacing and fatigue management • Applies and manages to a good level risk management issues when planning and undertaking slalom/journeying • Journeying is completed proficiently within time limitations
<p>Level 5 Mark 9-10</p>	<p>Mark 21-25</p>
<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none"> • lifting, carrying and launching boat • forward paddling • reverse figure of eight/tilting to assist turning • turning whilst on the move • supporting – low and high brace and turn, sculling for support, recovery strokes • moving sideways – both static and on the move using a technique: sculling draw, draw on the move, hanging draw • take charge of a deep-water rescue without assistance • towing and use of a tow line • securing the boat and disembarking 	<p>Demonstrates skills, techniques and decision making to a very good level, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following:</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements • Responds effectively to environmental conditions such as the weather conditions • Very good application of the appropriate considerations to tactical decision making to overcome natural/unnatural hazards such as water flow rate/negotiating portages/other water users. • Demonstrates a very good level of the appropriate physiological conditioning in order to complete either conditioned/formal/competitive situations including pacing and fatigue management • Fully applies and manages risk management issues when planning and undertaking slalom/journeying. • Journeying is completed to strict time limits and undertaken safely and proficiently



ROCK CLIMBING

The Course is delivered in the required 12 hours of climbing content and can be delivered to the group either weekly, over the course of a 2 or 3-day residential weekend and includes the opportunity for the school to record the candidates taking part in each of the required levels of the qualification. In preparation for the course materials are available for teaching knots at the school and as external tasks for the candidates.

The timetable of delivery. This can be subject to alteration of session length dependent on the requirements of the school, nature of the candidates.

Session 1 - 2 hours

Correct use of PPE – harness and helmet. Handling of ropes/equipment – attaching rope to belt/harness, rope management
Basic knots, (clove hitch, overhand knot, figure of 8 on the bight) belaying, lowering off. Correct use of climbing calls/communication

Session 2 - 2 hours

Recap on above – Movement on surface/rock/wall three points of contact. Belaying other climbers with different devices
Use of different holds (e.g. foot jam, hand jam,) traversing, abseiling, descending

Session 3 - 2 hours

Recap on above – Select and use tactics and strategies imaginatively in complex and demanding situations.
Respond effectively and imaginatively to changing circumstances as they arise during a climb.
Set up and undertake and abseil
Know about a range of secure anchors

Session 4 - 2 hours

Recap on above – Select and use tactics and strategies imaginatively in complex and demanding situations.
Respond effectively and imaginatively to changing circumstances as they arise during a climb.
Climb different routes with effective fluid movements and precise footwork
Hold a top rope fall

Session 5 and 6 - 2 hours each

Prepare to climb from scratch on wall to include all elements where available from correct use of PPE, ropes, belay devices, footwork,

Assessed competitive session with video footage being taken with focus on:

- Ascend a rock face, making route assessment, re-assessment, safe climbs, using variety of holds and moves
- Rope management (coiling, uncoiling, preparation, carrying)
- Select and use single anchor to set up a top rope
- Select and use multiple anchors
- Ability to belay with different belay devices
- Ability to demonstrate different climbing techniques
- Tie clove hitch, overhand knot and appropriate figure of 8 on the bight
- Set up and undertake an abseil demonstrating the ability to lock off the abseil device during a decent
- Use rope systems to demonstrate a range of secure anchors

Application of skill, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

- Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies
- Use a climbing wall or bouldering area
- Assess and use a variety of pre-placed anchors
- Belay another climber, hold a top roped fall and perform a lower
- Demonstrate confident movement and sequencing employing a variety of appropriate techniques, body position, balance, foot and hand holds to make use of different features
- Precise footwork on small holds
- Fluid movements utilising momentum
- Timing of skills in the performance

An exit route to continue climbing after the course is available through Caldecotte Xperience climbing club at the centre and other venues as pre-arranged by the club for candidates wishing to improve and continue climbing following the course.

ROCK CLIMBING

This may be delivered and assessed either at an indoor wall or at an outdoor venue by Caldecotte Xperience for the individual activities aspect of the qualification.

There are two areas to be taught and assessed through the programme: performance in isolation and the application of those learned skills and techniques in a formal setting for assessment.

The performance of skills and techniques in isolation/unopposed situations

Candidates will be assessed on any four of the skills below when performed in isolation/unopposed practice as appropriate to rock climbing indoors.

- The ability to ascend a climbing wall face making route assessment, re-assessment and carry out safe climbs employing a range of climbing holds and moves
- Rope management (coiling, uncoiling, preparation and carrying)
- Select and use a single anchor to set up top rope
- Select and use multiple anchors
- Understand grading used for boulder problems
- Ability to belay with different devices/detailed knowledge of protecting a bouldering climber, this may include spotting but also e.g. positioning pads, landings, etc
- Ability to demonstrate different climbing techniques
- Tie clove hitch, overhand knot and figure of 8 on the bight
- Set up and undertake an abseil demonstrating the ability to lock off the abseil device during decent/descend from boulder problems safely
- Use rope systems to demonstrate a range of secure anchors (e.g. wires, camming devices and fixed equipment)

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

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:

- Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies. Ability to climb different indoor routes
- Use a climbing wall and bouldering area
- Assess and use a variety of pre-placed anchors
- Belay another climber, hold a top-roped fall and perform a 'lower'
- Demonstrate confident movements on and sequencing on rock/wall employing a variety of appropriate techniques reflecting body position, balance, foot and hand holds to make use of different rock/wall features
- Precise footwork on small holds. Candidates should be assessed on their control of the skills used and techniques executed, showing mastery of external factors (competitors and/or environment)
- Fluid movement utilising momentum. Timing of skills and techniques means there is always fluency to the performance.
- Climbs completed on time

The course delivered by Caldecotte Xperience covers each descriptor and level as prescribed by Pearson Edexcel and is marked by the criteria of the same.

Provision for filming of the candidates is included in the course and each candidate can be identified by numbered vests. Filming is to be carried out by the school or group and is not the responsibility of the Caldecotte Xperience. Every effort will be made to allow each candidate to be recorded as necessary during every session.

Each candidate will have an individual mark scheme completed demonstrating the level achieved through the learning aspect of the course and the performance situation.

The mark scheme parameters are followed as per below:
Levels 1 - 2



The performance of skills and techniques in isolation/unopposed situations

Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation

Level 1

Mark 1-2

Demonstrates **ineffective** level of technical accuracy, with little or no precision, control and fluency, when:

- fitting a harness and helmet with instructor support
- belaying with instructor support
- communicating ineffectively with partner
- ascending and descending correctly from route but with errors

Mark 1-5

Demonstrates **ineffective** skills, techniques and decision making, with little or no precision, control and fluency, during a **conditioned/formal/competitive situation, to include the following. Demonstrates a limited level of precision when executing skills and techniques, such as:**

- missing key holds Inadequate control, fluency and/or accuracy when under pressure from external factors (competitors and/or environment), including:
- kicking and scraping feet
- getting stretched out timing of skills and techniques means there is no fluency to the performance, including:
- getting stuck for periods on the climb.

Level 2

Mark 3-4

Demonstrates **basic** level of technical accuracy, with little precision, control and fluency, when:

- belaying with peers supervised by instructor
- putting on harness and helmet with instructor prompts
- tying in with rethreaded figure of eight with support
- a basic level of climbing communication used
- demonstrating basic climbing techniques when ascending and descending with errors

Mark 6-10

Demonstrates **basic** skills, techniques and decision making, with little precision, control and fluency, during a **conditioned/formal/competitive situation, to include the following. Demonstrates basic level of precision when executing skills and techniques:**

- using the correct hold inefficiently (wrong part of foot or wrong hand technique)
- Basic control and accuracy is evident when under pressure from external factors (competitors and/or environment):
- jerky actions and lunging due to out of balance movement timing of skills and techniques means there is basic fluency to the performance:
- moves up the wall without major stops

The mark scheme parameters are followed as per below: Levels 3 - 5



The performance of skills and techniques in isolation/unopposed situations	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation
Level 3 Mark 5-6	Mark 11-15
<p>Demonstrates competent level of technical accuracy, with some precision, control and fluency, when:</p> <ul style="list-style-type: none"> • belaying competently with backup • fitting harness and helmet independently • tying in independently • safety checks self and partner consistently • demonstrating climbing styles (ascending and descending) with competent techniques 	<p>Demonstrates competent level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Demonstrates a good level of precision when executing appropriate skills and techniques:</p> <ul style="list-style-type: none"> • using holds correctly (hand and foot positions) Control of the skills and techniques executed, showing competent control and accuracy when under pressure from external factors (competitors and/or environment): • able to rest in balance with relaxed stance Timing of skills and techniques means there is competent fluency to the performance: • moves up the wall with a competent, steady pace
Level 4 Mark 7-8	Mark 16-20
<p>Demonstrates good level of technical accuracy, with precision, control and fluency, when:</p> <ul style="list-style-type: none"> • belaying independently and holding a bottom rope fall consistently • handling climbing equipment fluidly, e.g. carabiners and belay devices • demonstrating climbing techniques (ascending and descending) with good technique 	<p>Demonstrates good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Demonstrates a good level of precision when executing appropriate skills and techniques:</p> <ul style="list-style-type: none"> • Accurate footwork Consistently in control of the skills and techniques executed, showing good control and accuracy when under pressure from external factors (competitors and/or environment): • Good weight transfer Timing of skills and techniques means there is very good fluency to the performance: • Climbing appears fluid with good body positioning for balance
Level 5 Mark 9-10	Mark 21-25
<p>Demonstrates very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none"> • able to belay with two further devices • able to demonstrate climbing techniques (ascending and descending) faultlessly and fluidly • tie clove hitch, overhand knot and figure of 8 on the bight and understand their uses 	<p>Demonstrates very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following. Demonstrates a very good level of precision when executing appropriate skills and techniques:</p> <ul style="list-style-type: none"> • precise footwork on small holds Always in control of the skills and techniques executed, showing very good mastery of external factors (competitors and/or environment): • fluid movement utilising momentum. Timing of skills and techniques means there is always very good fluency to the performance: • climbs completed fluidly



WHAT NEXT?

Caldecotte Xperience is an AALA licensed centre and one of the first outdoor learning centres to provide local schools with the facilities and skills they need to obtain the GCSE Individual Practical Performance units for PE, through water sports and climbing.

The range of activities we can offer enables young people to achieve their qualification doing something a bit more adventurous and out of the ordinary to the standard GCSE options.

Each discipline can be covered in a variety of ways that are tailored to suit your students including weekly sessions, full days or a residential stay.

To discuss your specific course needs and to find out more about the programme, the individual elements and assessments we can offer, please get in touch using the details on the back of this booklet.

CONTACT



**CALDECOTTE
XPERIENCE**

For more information on these courses and Caldecotte Xperience please contact the centre:

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Caldecotte Xperience is owned and operated by Action4Youth, an energetic youth charity who provide positive, often transformational experiences and activities which inspire children and young people. Our aim is to enable young people of all abilities and backgrounds to have experiences and opportunities that grow their confidence and self esteem and inspire them to achieve. Helping remove isolation, improve social and mental well being and better preparing them for life and work.



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