

Supporting professional judgement in physical education – text for exemplification videos

Physical Fitness	
Level	Stamina
Early	In this clip the learners demonstrate that they can meet the physical demands of playing a game of jump tig.
First	In this clip the learners demonstrate maintaining their activity level, as they wait for their next shuttle run.
Second	In this clip the learners are developing their stamina by repeating a series of different exercises for an extended period of time.
Third	In this clip the learners have designed a paired shuttle sequence which develops their water polo skills and the stamina required to meet the demands of both the practice and the activity.
Fourth	In this clip the learners have created a challenge activity that will help to develop their stamina over a period of time.

Physical Fitness	
Level	Speed
Early	In this clip the simple activity allows the learners to demonstrate their understanding of how to move at different speeds.
First	In this clip the learners are jogging around the space. When they meet their partner they change from moving at a jogging pace, to a short burst of fast on the spot running, before they slow down and move off at a jogging pace again.
Second	In this clip the learner demonstrates speed in throwing a ball. He generates the speed through a sequence of moving his balance forward through his feet, his hip, his shoulder and finally his very fast arm. He has a very mature throwing action.
Third	In this clip the learner performs a sprint start. His response to the commands demonstrate his ability to generate speed from a stationary position.
Fourth	In this clip the learner generates speed in her arm action, which helps her to successfully initiate the required rotation in the swivel hips move.

Physical Fitness	
Level	Core Stability and Strength
Early	In this clip the learners demonstrate core stability when performing the task of staying balanced while raising the ball above their heads. Differentiation in the task comes through the weight and size of the ball each learner has, the bigger and/or heavier the ball, the more challenging the task.
First	In this clip the learner demonstrates core stability and strength when she successfully holds the plank position. As she moves different parts of her body in response to the commands she adjusts her balance and maintains core stability.
Second	In this clip the learner who is performing the actions, using her partner as a base of support, demonstrates core stability and strength to form and maintain the postures she makes.
Third	In this clip the learner demonstrates a headstand on the box top from a flight phase. His performance requires both core stability and strength as he has to control the forward momentum from the flight phase, through the tuck and into the headstand. This stability helps him to prevent over rotating.
Fourth	In this clip the learner demonstrates a piked headstand on the box top from a flight phase. His performance requires high levels of both core stability and strength as he has to control the forward momentum from the flight phase, through the pike and into the headstand. This stability helps him to prevent over rotating.

Physical Fitness	
Level	Flexibility
Early	In this clip the learner demonstrates flexibility when manoeuvring safely through the obstacles.
First	In this clip the learner is tasked with moving through the hoops to climb up the frame, then zig-zagging his way back down. His flexibility helps him to complete the task successfully.
Second	In this clip the learner demonstrates a gymnastics floor routine. She demonstrates flexibility in the broad range of movements she uses.
Third	In this clip the learner displays a range of effective movements that highlight her flexibility.
Fourth	In this clip the learner demonstrates excellent flexibility as she performs a demanding series of precise movements.