

GCSE SPORT COURSE

Our courses are endorsed by AQA & OCR

The Cave's GCSE Sport assessment course in climbing is popular with schools across South London and North Kent with our two day programme helping students achieve up to 40% of the marks towards a GCSE Sport qualification.

Young people on this course learn to climb, abseil, belay each other and operate different types of equipment. Assessment is conducted by qualified instructors with assistance from school staff. The course package includes instruction, equipment, assessment, video evidence of ability and certificates.

On day one Students receive instruction in the use of equipment, technical climbing and climbing methods. Sufficient time is allowed for both supervised and unsupervised climbing sessions in order for the young people to improve their skills.

On day two the morning session comprises revision and an opportunity for questions. The formal assessment takes place in the afternoon. Pupils sit a short written paper and then perform two tasks with a partner i.e. climbing using different methods and abseiling. They then perform a dual climbing and abseiling manoeuvre which is filmed.

Programme

All necessary equipment is supplied and we provide one instructor free of charge. The centre has free tea/coffee making facilities, seating for the young people to eat a packed lunch, a drinks vending machine and male and female facilities. The two-day course runs from 09:00 – 18:00 with one hour for lunch. The ideal number of pupils on a course is 15 -20 although we are happy to consider taking a larger group.

Approximately one week after completion of the course group leaders receive the marks and a filmed record for each pupil, along with certificates for every young person who has taken part in the course, whatever standard they have attained in the GCSE assessment.

GCSE Course Fees

- £ 1.00 per person membership (£50 group membership available)
- £ 2.00 per person per hour (inc. instruction*)
- £10.00 each additional instructor per hour (maximum ratio 1:10)
School staff and/or group leaders must be in attendance at all times.

GCSE Skills Area A

Candidates will be assessed on their ability to carry out four short challenges over at least two different types of environment/climbing walls. Candidates should select from the following list of skills combinations to demonstrate the range of their ability over the four routes:

- Handling of ropes/equipment – attaching the rope to harness
- Basic knots, belaying, lowering off
- Movement on surface/rock/wall – three points of contact
- Use of different holds (e.g. foot jam, hand jam) traversing, abseiling, descending
- Correct use of climbing calls/communication

GCSE Skills Area B

Candidates will be assessed on their ability to select and apply a range of techniques to complete a planned route. Their performance will be assessed in relation to the following criteria:

- Analysis of problem/task/challenge
- Knowledge of skills to overcome it/achieve it
- Recognition of safety issues/procedures
- Selection of equipment/skills/route/course
- Adoption/adaptation of skills to complete challenge/course

GCSE Skills Areas C, D & E

Skills Areas C, D & E are under Sections 14.6, 14.7 and 14.8 respectively.