

<http://www.edexcel.org.uk>

Skiing

Mark band

9-10	Candidates should be able to ski down a black run and show they have the ability to ski through a mogul field.
7-8	Candidates should be able to ski down a red slope showing style and control using unweighted parallel turns.
5-6	Candidates should be able to do linked snowplough turns, then traverse joined by snowplough turns without falling. They should show reasonable style and control whilst performing a slalom on a blue ski run.
3-4	Candidates should show a straight snowplough then snowplough turns left and right down a gentle slope and stop by turning uphill. They should be able to use a ski lift.
1-2	Candidates should know the basic stance and be able to get up from a fall. They should show a straight descent, then an ascent by side stepping. Candidates should demonstrate a snowplough stop at the end of a 10-20m run.

Skills / Manoeuvres

1	Basic stance	11	Traverse joined by snowplough turns
2	Ability to get up after a fall	12	Side stepping
3	Straight descent – ascent by side stepping	13	Swing to the hill from traverse left and right
4	Basic side step and turn	14	Linked basic swing
5	Snowplough stop	15	Parallel stop – skid to a halt
6	Snowplough then left and right	16	Carved turn left and right
7	Stop by turning uphill	17	Linked carved turns
8	Use of ski lift	18	Parallel turn
9	Linked snowplough turns	19	Linked parallel turns
10	Traverse	20	Short swings

Other assessed knowledge

Carrying of skis, clothing, ski-way code, accident procedures, handling and care on tows, awareness of dangers in a mountain environment, types of equipment (bindings, poles, boots, clothing, etc.), use of wax, binding settings, ski brakes, ski maintenance and appreciation of the different types of competitive skiing.

Snowboarding

Mark band

9-10	The candidate demonstrates the ability to board down a black run but does not necessarily attempt moguls.
7-8	Candidates are able to board down a red run showing style and maintaining complete control using carved turns.
5-6	Candidates are able to turn one way, traverse and then turn the other way whilst completing a run of blue gradient and maintaining complete control, showing reasonable style throughout.
3-4	Candidates are able to show a straight run and turns to the left and to the right on a gentle slope. They should maintain control throughout and display a sound level of style. They should demonstrate the ability to carve to stop.
1-2	Candidates should show basic stance and be able to get up from a fall. They should be able to descend using side stepping and be able to descend in a straight run for up to 20m with a controlled stop at the end.

Skills / Manoeuvres

1	Basic stance (regular or goofy)	9	Scooting front foot in
2	Ability to get up after a fall	10	Use of ski lift
3	Side slip (toe edge and heel edge)	11	Linked turns
4	Straight descent	12	Heel traverse
5	Toe edge turn	13	Toe traverse
6	Carve to stop	14	Carved turn left and right
7	Heel edge stop	15	Snowboard fake in a controlled manner
8	Turn left and right (toe edge and heel edge)	16	Short swings

Other assessed knowledge

Carrying of snowboard, clothing, ski-way code, accident procedures, handling and care on tows, awareness of dangers in a mountain environment, types of equipment (bindings, boots, clothing, etc.), use of wax, binding settings, snowboard straps, snowboard maintenance and appreciation of the different types of competitive snowboarding.