



## Video Assessments – Marking Sheet and Grading Criteria

Candidates will be rated as follows in each of the criteria below:

A=Excellent

B=Good

C=Adequate

D= Fail

(Please see the tables on the following pages for detail)

**Screening** - written, verbal

In the case of the Warm Up, the High Action Phase and the Cool Down the following criteria will be used:

### A) Planning:

- Choice of content: what activity was chosen (circuits, mini games, ex to music - was it a relevant choice considering the number in the group, equipment available, age of the group, activity level)
- Suitability: within the activity chosen – was it suitable for the age group?  
Eg: mini circuit/adapted hip hop etc
- Choice of music
- Equipment etc: was this adequate? Appropriate?

### B) Class Management:

- Organisation of environment, equipment and resources
- Safety – before, during and after.
- Use of Space
- Variety of content
- Positioning

### C) Instructional Skills:

- Motivation/Enjoyment Factor
- Creativity
- Activity Level: Main activity phase **must** be the most active part of the session
- Intensity monitoring: adapted RPE, adapted pulse check
- Teaching and Safety Points
- Observation / Correction and follow through
- Adaptation / Progression
- Cueing – Visual / Verbal
- Educational Content
- Voice Projection
- Feedback

All must be done in a child-friendly way.

### Important Notes

1. Give Clear, Simple Instructions
2. Praise and Encourage
3. Educate
4. Lots of activity

HRA for Children Specialist UL Date:	Exam Candidate	Internal Examiner.....	Independent Examiner.....
Candidates will be rated as follows in each of the criteria below :      A= Excellent   B=Good   C=Adequate   D=Fail			
<b>Screening</b>	written		oral
	A B C D		A B C D
<b>Planning</b>	Warm up	High Action	Cool down
Choice of content	A B C D	A B C D	A B C D
Suitability of content	A B C D	A B C D	A B C D
Choice of music	A B C D	A B C D	A B C D
Equipment used	A B C D	A B C D	A B C D
<b>Class Management</b>	Warm up	High Action	Cool down
Organisation or environment/equipment & resources	A B C D	A B C D	A B C D
Safety - before/ during & after phase	A B C D	A B C D	A B C D
Use of space	A B C D	A B C D	A B C D
Positioning of instructor	A B C D	A B C D	A B C D
<b>Instructional skills</b>	Warm up	High Action	Cool down
Motivation/Enjoyment factor	A B C D	A B C D	A B C D
Creativity/Variety	A B C D	A B C D	A B C D
Activity level appropriate/pacing	A B C D	A B C D	A B C D
Intensity monitoring	A B C D	A B C D	A B C D
Teaching & Safety points	A B C D	A B C D	A B C D
Observation/Correction	A B C D	A B C D	A B C D
Follow through on Correction	A B C D	A B C D	A B C D
Adaptations/Progressions	A B C D	A B C D	A B C D
Cueing Visual/Verbal	A B C D	A B C D	A B C D
Educational content	A B C D	A B C D	A B C D
Voice Projection	A B C D	A B C D	A B C D

*Comments on planning*

*Comments on Class management*

*Comments on Instructional skills*

Planning & Organisation	Skills	A Grades:100%-75% (Excellent)	B Grades: 74%-60%(Good)	C Grades:56-45% (Adequate)	D Grades:<45% (Poor)
	Content, music and equipment	Excellent choice of activities throughout all phases. Imaginative choices very suitable to age group. Themes to activities. Music chosen to echo theme. Imaginative use of equipment in all phases. Good variety shown in ideas in all phases.	Good choice of activities throughout all phases. Good activities suitable to age group. Some use of theme to activities. Motivating choice of music, but may not echo theme. Variety of equipment used. Some variety in ideas shown in all phases.	Adequate choice of activities needs more imagination. Activities in general suitable to age group, but may require some revision. Adequate choice of music. Adequate equipment used. Would benefit from more variety and imagination in planning in some or all phases.	Poor choice of activities, unsuitable to age group and aim of session. little or no imagination shown in planning. Poor choice of music, Unmotivating or unsuitable to age group. Equipment poorly organised or poor choices made. Inadequate planning evident in some or all phases of session.
	Class management, organisation of equip	Excellent class control in all phases. Smooth transitions between activities & phases, ensures all children involved fully at all times. Well prepared for any incident - thinks ahead for potential difficulties. Extremely well organised & prepared with equipment	Good class control shown in most or all phases. Good transitions between activities & phases. Ensures most children are involved in activities at all times. Equipment in place and to hand when required.	Some class control shown in most or all phases. Some gaps transitions between activities, class could move along more swiftly. Some children may not be involved in activities at all times. Needs to work on group control skills. Equip may not be sufficient or in place when required.	Little or no class control shown in most phases. Poor transitions between exercises & phases, class needs to move along more swiftly. Children may not be involved in activities. Needs to work on group control skills. Equipment unsuitable or unavailable at correct time.
	Safety, (before during and after)	Excellent attention to detail with safety/children & equipment. Equipment appropriate for group & activity, and used in a safe and effective manner. Excellent focus on safety issues thru all phases	Good attention to detail with safety/children & equipment. Equipment appropriate for group & activity, and used in a safe and effective manner. Some focus on safety issues thru most phases	Adequate attention to safety/children & equipment. Equip mostly appropriate for group & activity- but needs work, used mostly in a safe and effective manner. occasional attention to safety issues	Poor attention to safety/children & equipment. Some or all equip used inappropriate for group &/or activity. Few or no safety issues addressed with children in session. Potentially dangerous choice of activities, little or no attention to safety
	Use of space & position of instructor	Excellent positioning of instructor throughout all phases, can see all of class at all times, class can see instructor at all times. Excellent use of space for activities chosen. Always positioned in best location to prevent any incident.	Good positioning of instructor throughout most phases, can see all of class most of time, class can see instructor most of time. Good use of space for activities chosen. In the right place at right time most of the time.	Adequate positioning of instructor through most phases, can see all of class some of time, class can see instructor some of time. Adequate use of space for activities chosen. Would benefit from repositioning instructor in some phases	Poor positioning of instructor through most phases, poor visibility of group/& group of instructor. Poor use of space for activities chosen.
	Knowledge & Structures of Ed. Content (planning)	Demonstrates excellent knowledge in practical setting of chosen activities & of M1 A-E	Demonstrates good knowledge in practical setting of chosen activities & of M1 A-E	Demonstrates adequate knowledge in practical setting of chosen activities & of M1 A-E	Demonstrates poor knowledge in practical setting of chosen activities & of Module 1 Sections A-E
	Effective Ex programme	Ideal intensity shown thru all phases. Perfect mix of high activity vs skill. Meets guidelines as set down in M3. Imagination and variety evident.	Good intensity shown thru most phases. Good mix of high activity vs skill. Meets guidelines as set down in M3 most of time. Some imagination & variety evident.	Adequate intensity shown thru most phases. Adequate mix of high activity vs skill could incorporate more intensity in high activity phase. Little imagination & variety evident.	Poor intensity shown thru most phases. Poor mix of high activity vs skill, Activity levels too low/too high. Little or no imagination or variety evident. Little application of teaching/planning guidelines

Instructional skills	Skills	A Grades: 100%-75% (Excellent)	B Grades: 74%-60%(Good)	C Grades: 56-45% (Adequate)	D Grades: <45% (Poor)
	Motivation/ Creativity & enjoyment	Excellent motivator, motivation suitable to age group, great fun, gets involved in all activities all of the time, entertaining and enjoyable. Group very involved at all times, excellent creativity	Good motivator, motivation suitable to age group, fun, gets involved in most activities, good entertainment, group involved at good level, good creativity shown	Limited motivation skills, motivation methods may be unsuitable to age group, could be more fun, needs to be more involved throughout all phases, limited creativity shown	Little or no motivation skills, motivation methods unsuitable to age group, little or no fun factor, needs to be more involved throughout all phases, limited or no creativity shown
	Activity levels/ appropriate pace	Ideal intensity shown thru all phases. Perfect mix of hi activity vs skill. Phases develop as in M3. Teaches in layers/ stages, keeps group moving at all times. Excellent understanding of age group	Good intensity shown thru all phases. Good mix of hi activity vs skill. Phases develop as in M3 most of time. Keeps group moving most of times. Good understanding of age group	Adequate intensity shown thru most phases. Some mix of hi activity vs skill. Phases develop as in M3 some of time, but may require revision. Group idle/inactive some of time.	Poor intensity shown thru most phases. Poor mix of hi activity vs skill. Phases do not develop approp & require revision. Group idle/inactive some time, intensity not met.
	Teaching Methodology & Ability (Teaching Points/Safety Points, observation/correction, adaptations/progressions)	Demos all activities with enthusiasm & clear technique, gives excellent TPs/SPs for age group/ avoids jargon, uses imagery to aid explanations. Shows excellent ability to communicate, Obs/Corr in fun way, adapts activities to suit individuals needs with minimum or no disruption to class	Demos most activities with enthusiasm & good tech, gives appropriate TPs/SPs for age group/ avoids jargon, & shows ability to communicate, obs/Corr in fun way, adapts activities to suit individuals needs with minimum disruption to class	Demos few activities with adequate tech. Gives adequate TPs/SPs some of the time, may or may not be suitable for age group. Adequate ability to communicate, obs/Corr in basic way, adapts in very limited way, some interruption to flow of class	Limited/Poor or no demos, gives very limited or no TPs/SPs for activities or may not be appropriate to age group. Poor communication with individual &/or group, Little or no obs/Corr, little or no adaptation, disruption to flow of class
	Presentation skills, cueing	Excellent motivation & encouragement, works well with children, Excellent use of V & V cueing/imagery	Good motivation & encouragement, works well with children, good use of V & V cueing most of the time	Some motivation & encouragement, some V & V cueing some of the time, group may have difficulty following	Poor motivation & encouragement, limited or no V & V cueing , instructions may be unclear, group may have difficulty following
	Interpersonal / Communications Skills	Communicates extremely well to group & one to one, encourages involvement for all group.	Communicates well to group & one to one, encourages involvement most of time	Communicates at a basic level some of the time, attempts to get group involved with limited success	Poor communication skills some or all of the time, does not attempt to get group involved and/or with very limited success
	Educational content	Excellent ability to educate group in manner suitable to age group throughout all of session.	Good ability to educate group in manner suitable to age group thru most of session.	Some ability to educate group in manner suitable to age group but would benefit from practice & more attention in this area	Inadequate ability to educate group in manner suitable to age group, may give incorrect information, incorrect approach, or not offered.
	Voice skills	Excellent use of voice. Pitch and tone shows variety & is appropriate to all phases	Good use of voice. Pitch and tone shows variety & is mostly appropriate to most phases	Adequate use of voice. Pitch and tone shows variety & is acceptable for phase	Poor use of voice. Limited or no variety to pitch or tone or is inappropriate to phase