

Alcester Grammar School Physical Education Practical Skills Portfolio

Name	
Previous School	
Chosen practical assessment activity from OCR approved list	
What position do you play / want to be assessed in? (if a team game) or for tennis singles / doubles, style of dance etc.	
When / where do you train for this sport? (give your club and team name and it's location)	
How long have you been playing / when did you start this activity?	
How often do you TRAIN in your chosen sport?	
How often do you COMPETE in your chosen sport?	
What is the level of these competitions? eg local league, international competitions, give names of these if possible.	
What is the highest level you have achieved or represented? / list any particular medals or wins of note	
Do you currently represent an age group above your own? e.g. playing senior hockey or representing Warwickshire U20	
Do you have online data / statistics / videos for your recent performances? eg Power of 10 for athletics / UK tennis rankings. If so, give link.	