

Activities and activity groups

Group A: Outwitting opponents (for example in games activities)

Amateur boxing	Handball	Polo
American football	Hurling/camogie	Roller/in-line hockey
Association football	Ice hockey	Rugby league
Badminton	Judo	Rugby union
Baseball*	Ju-jitsu	Rounders
Basketball	Karate	Softball
Cricket	Korfball	Squash
Fencing	Lacrosse	Table tennis
Field hockey	Lawn tennis	Tae kwon do
Gaelic football	Netball	Volleyball
* English or Welsh baseball		Water polo

Group B: Accurate replication of actions, phrases and sequences (for example in gymnastic activities)

Synchronised swimming
 Trampoline
 Gymnastics*
 * For gymnastics, students must offer abilities (floor work) and vaulting, plus one other sequence of their choice. See the assessment criteria for gymnastics for further guidance.

Group C: Exploring and communicating ideas, concepts and emotions (for example in dance activities)

Dance*
 Ice dance
 * Although a wide range of dance styles is acceptable (students may choose from any recognised style of dance, for example ballet, jazz, modern, tap) dance may be offered as only one practical activity. See the assessment criteria for dance for further guidance.

Assessors should use the published activity-specific assessment criteria when assessing students in the role of player/participant.
 These assessment criteria will be available on the Edexcel website.

Group D: Performing at maximum levels in relation to speed, height, distance, strength or accuracy (for example in athletic activities)

Archery	Cross-country running	Lawn bowls
Athletics*	Cycling	Rowing
Clay pigeon shooting	Golf	Weightlifting
Competitive swimming		

* For athletics, students must offer three events taken from at least two groups (running events, jumping events or throwing events). See the assessment criteria for athletics for further guidance.

Group E: Identifying and solving problems to overcome challenges of an adventurous nature (for example in outdoor and adventure activities)

Canoeing	Orienteering	Surfing
Climbing	Personal survival	Trekking
Horse riding	Sailing	Wakeboarding
Kayaking	Skating	Water skiing
Lifesaving	Snowboarding	Windsurfing
Mountain biking		

Group F: Exercising safely and effectively to improve health and wellbeing (for example in fitness and health activities)

Fitness training
 For fitness training, students must offer at least two of the following activities in combination:

- aerobics
- body pump
- circuit training
- continuous training
- interval training
- pilates
- weight training
- yoga.

- Pick from at least 2 boxes
 - Must have minimum of 2 performance