



## #ReinstateWeightlifting

### **British Weight Lifting’s response to the Government consultation: The review of GCSE, AS and A Level Physical Education activity list**

We know that there is a huge amount of passion to support Weightlifting in the school curriculum and to be added back in to the list of assessed sports, and hope that you will be able to help us to achieve this. Below is a copy of our response to the consultation and we hope you will submit your response [here](#). Please notify us once you have submitted your response, by sending a copy to [contact@britishweightlifting.org](mailto:contact@britishweightlifting.org). We really appreciate your support to help future lifters everywhere.

Weightlifting supports the development of an individual not only in the sport of Weightlifting, but in their personal development too:

<p><b>Range and demand of skills and techniques in the activity</b></p>	<p>Olympic Weightlifting is an individual power sport that would be a suitable study for the components of fitness and is ideally suited to movement analysis as it uses a wide range of joints and muscles along a single plane of movement.</p> <p>Although Weightlifting is a sport in its own right, it is also widely used to develop and enhance performance in most other sports, expanding the benefit even further, if students learn correct technique at the start.</p> <p>Olympic Weightlifting has an extensive Olympic history and is practiced in most countries across the world.</p> <p>There are significant psychological and nutritional components in weightlifting.</p> <p>Olympic weightlifting consists of two competitive techniques:</p> <ul style="list-style-type: none"> <li>• Snatch: a single fluid motion lifting a weighted bar from the floor to an overhead position. The movement can be broken down into several basic components; set position, pull position and receive position.</li> <li>• Clean and Jerk: a two-part movement, the clean; a single movement lifting a weighted bar from the floor up to the shoulders, broken down similarly to snatch; set position, pull position and receive position. The Jerk is an upward movement driving the bar from the shoulders (clean receive position) to a lockout above head, broken down into; set position, power position, receive position and recovery position.</li> </ul> <p>Weightlifting is suitable for all individuals, it is Ideal for students with special needs and particularly children on the autistic spectrum that can focus on individual technique in a closed sport. It also develops a team atmosphere, by students being able to support each other in training and in competitive environments.</p>
<p><b>Application of tactics / strategies / composition in the activity</b></p>	<p><b>Nutrition and body weight</b></p> <p>Body weight and nutrition is an important factor in competitive weightlifting, the strategic selection of a competitor’s body weight will directly influence the outcome. An understanding of the how nutrition can impact training, ability, body weight and fitness is essential, or working towards this for future competitive ambitions.</p> <p><b>Strategic training</b></p> <p>Planning a training schedule to achieve your strategic objective in competition</p> <p>In competitions, having a strategic plan to ensure you produce the best lifts in competitions and applying stress to other lifters using strategic weight changes.</p> <p>Knowing the correct method of notifying technical officials of physical limitations restricting competition movements and applying them in an effective manner e.g. cannot perform full lockout.</p> <p><b>Decision Making</b></p> <p>The tactical use of time before a competition including diet (weight loss or gain), periodization of training programs to achieve competitive lifts, entry totals for competition (revealing limited</p>



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	<p>information to have a competitive edge), the changes in weight for competitive lifts in competition. The decision of when to compete in the year, against other commitments and the decision on when to increase weights as the technique is of a standard to allow it. Under 12 and Under 10 is marked on technique to allow correct demonstration of this.</p> <p><b>In competition tactics</b></p> <p>Ensuring you use your 6 lifts appropriately to change position accordingly in a competition. Reacting to competitor's changes in weight and understanding how this impacts you and your competition.</p> <p><b>Personal strategies and tactics</b></p> <p>Understanding personal strengths and weaknesses and using them to their advantage during competition and training. Working to develop your weaknesses in order to improve.</p>
<p><b>Develop skills over a significant period of time</b></p>	<p>Basic Weightlifting skills can be attained over a short period of time but will require a longer period to develop to a more advanced level. Weightlifting requires a base level of coordination, flexibility and mobility to allow for effective use of the weightlifting techniques. The improvement of the components of fitness along with changes in technique will allow a progression into more advanced levels of performance. Weightlifting can be broken down into periods of teaching, as well as a long-term sport to achieve key outcomes.</p> <p>Students will quickly be able to achieve a basic level of performance both at the snatch and clean a jerk. Techniques can be taught to a basic level through a simple planned progression, broken down into small sections made easy to understand and apply to technique and progress easily into full movements.</p> <p>Teachers can offer a structured approach in teaching the active components of the sport and through competition strategies, they can also be advised through the Weightlifting CPD courses, Coaching Qualifications, Instructing Qualifications to enhance their knowledge.</p> <p>The physical skills learned and performed in Weightlifting are transferable and relevant to many sports to enhance performance not only in Weightlifting but also in other sports as well.</p>
<p><b>Suitable conditions in which to perform</b></p>	<p>Schools will easily be able to run and hold classes and competitions on school premises to expose students to competition environments and tactical situations, in several different forms of competition;</p> <ul style="list-style-type: none"> <li>• Inter form</li> <li>• Inter school</li> <li>• Within lessons (single sex or mixed)</li> <li>• Part of school games</li> </ul> <p>Competitions can be run as mixed gender and mixed weight categories; however, results would be for individual genders and weight categories, but weight categories would be able to be compared using the Sinclair results, allowing a more varied competition.</p> <p>Expensive resources are not required for students to learn and perform basic techniques, there are many clubs run locally across the country if students wish to pursue the sport to a more advanced level.</p>
<p><b>Level of performance that can realistically be assessed</b></p>	<p>British Weight Lifting have developed an easy to assess marking criteria to allow all teachers and assessors to effectively grade performance.</p> <p>The criteria have been designed to have a steady progression from basic to advanced skills.</p> <p>Students will have to perform to an advanced level to achieve the highest grade.</p> <p>British Weight Lifting has been working together with schools and has developed a teacher CPD to educate in the instructing and application of Weightlifting.</p>



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<p><b>Equalities considerations</b></p>	<p>Weightlifting is an inclusive sport reflected in our values;</p> <p><b>Care</b> - maintain integrity and respectful relations with all our stakeholders, customers, partners, suppliers, BWL employees and communities</p> <p><b>Share</b> - expertise, knowledge, passion, enjoyment and innovation</p> <p><b>Dare</b> - to make a difference to solve problems and achieve goals that drive performance and the sport forwards in a collaborative manner</p> <p>For example:</p> <table border="1" data-bbox="336 786 1487 1621"> <tr> <td data-bbox="336 786 528 875"><b>Sex</b></td> <td data-bbox="528 786 1487 875">Weightlifting has achieved a nearly 50/50 gender split in competition in Weightlifting and are striving to maintain a positive gender split.</td> </tr> <tr> <td data-bbox="336 875 528 1055"><b>Disability</b></td> <td data-bbox="528 875 1487 1055">Weightlifting is an inclusive sport that enables those with disabilities to participate in the sport.  There is also an opportunity for those with physical disabilities to participate in Para-Powerlifting – which can be easily delivered in a curriculum setting as well.</td> </tr> <tr> <td data-bbox="336 1055 528 1167"><b>Religion / Belief</b></td> <td data-bbox="528 1055 1487 1167">Weightlifting is not prejudice to any religion and allows adjustment to rules to allow for participation from different religions e.g. allowing competition kit with long sleeves/additional clothing.</td> </tr> <tr> <td data-bbox="336 1167 528 1279"><b>Pregnancy &amp; Maternity</b></td> <td data-bbox="528 1167 1487 1279">Weightlifting can be performed for training and at competition while pregnant/during maternity with the risk assessment to be completed by the individual based on their wellbeing during the pregnancy/maternity period.</td> </tr> <tr> <td data-bbox="336 1279 528 1368"><b>Gender Re-assignment</b></td> <td data-bbox="528 1279 1487 1368">Weightlifting embraces gender reassignment and has made allowances within competitions from grass roots to world championships.</td> </tr> <tr> <td data-bbox="336 1368 528 1621"><b>Age</b></td> <td data-bbox="528 1368 1487 1621">Participation in weightlifting can begin from any age, with small competitions being able to be run at any age group, and Regional competitions beginning at Under 10, running through Under 12, Under 15, Under 17, Under 20, Under 23, Senior and Master’s levels (with no top age limit).  At primary school/youth level aged 12 and under competition is based on technical merit rather than weight lifted.</td> </tr> </table>	<b>Sex</b>	Weightlifting has achieved a nearly 50/50 gender split in competition in Weightlifting and are striving to maintain a positive gender split.	<b>Disability</b>	Weightlifting is an inclusive sport that enables those with disabilities to participate in the sport.  There is also an opportunity for those with physical disabilities to participate in Para-Powerlifting – which can be easily delivered in a curriculum setting as well.	<b>Religion / Belief</b>	Weightlifting is not prejudice to any religion and allows adjustment to rules to allow for participation from different religions e.g. allowing competition kit with long sleeves/additional clothing.	<b>Pregnancy &amp; Maternity</b>	Weightlifting can be performed for training and at competition while pregnant/during maternity with the risk assessment to be completed by the individual based on their wellbeing during the pregnancy/maternity period.	<b>Gender Re-assignment</b>	Weightlifting embraces gender reassignment and has made allowances within competitions from grass roots to world championships.	<b>Age</b>	Participation in weightlifting can begin from any age, with small competitions being able to be run at any age group, and Regional competitions beginning at Under 10, running through Under 12, Under 15, Under 17, Under 20, Under 23, Senior and Master’s levels (with no top age limit).  At primary school/youth level aged 12 and under competition is based on technical merit rather than weight lifted.
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<p><b>Centre resource and workload considerations</b></p>	<p>There is a wide selection of training option available for teachers, students and the wider community provided by British Weight Lifting.</p> <p>These include includes:</p> <ul style="list-style-type: none"> <li>Level 1 Coaching Award</li> <li>Level 2 Coaching Certificate</li> <li>Level 2 Instructing Award</li> <li>Level 3 Instructing Certificate</li> <li>Teacher CPD</li> <li>Technical official (various levels)</li> </ul>												



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	<p>Weightlifting Workshops</p> <p>British Weight Lifting fully supports any school participating or wishing to participate in Weightlifting either competitively or as a tool to develop performance in other sports.</p>
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**#StrongIsNotASize**