

Foundation Skills: Hairdressing

Pre-Competition Activity 2024

Pre-Self-Assessment

We would like you to ask yourself:

AC	Skill	I am confident	I am not too confident	I don't understand what I must do.
1	Create a mood board of long hair styles for the competition			
2	Add pictures to your mood board of any hair accessories you could or may use.			
3	State what tools and equipment will be used on the long hair style.			
4	Describe what products you could or may use to create the long hair finished look.			
5	Describe what pins, bands, clips and/or hair accessories that will or may be needed to create the look			
6	Prepare work area and floor stand and mannequin head or live model.			
7	Prepare products, tools and equipment and mannequin head, floor stand or chair for live model			

8	Ensure all your products, tools and equipment are organised to use easily.			
9	Brush out mannequin head or model to it is ready to create the long hair style.			
10	Ensure work area is tidy and client care is monitored if a live model is used for the competition.			

Mood board Creation:

- Create a moodboard that shows ideas you have for your competition look.
- Your final brief will be based around the theme of creating a long evening hairstyle for a school Prom.

Top Tips for Research.

- Google competition long hair looks.
- Prom long hair looks.

Also, you could use websites like:

- <https://www.aht-uk.com/gallery>
- [3 Easy Prom Hairstyles \(youtube.com\)](#)
- [7 Classic, Simple Prom Hairstyles for All Hair Lengths \(johnfrieda.com\)](#)
- [website for easy plaiting techniques hairstyles - Google Search](#)
- [Explore the best of Pinterest](#)

**Remember that the competition theme you are styling the hair for is a school prom evening event, so think about what colours and accessories you could use.
The hairstyle could be all up, half up and half down or maybe a variety of plaits and curls.**

Examples of Prom styles



Prom hairstyles with ornamentation



Competitors to complete prior to competition:

- Students to develop a mood board of the long hair look chosen for their competition
- State what tools and equipment will be used on creating the hairstyle.
- Describe what products will be used to create the finished look.
- Describe what pins, clips or bands will be needed to create the look.
- Add pictures to your mood board of hair accessories.

The above is recommended to help prepare competitors for the first stage of the competition, the entry stage.

Competitors to complete prior to competition

- Students to evidence their choice of hairstyle through either photographs or video recording, this is to ensure we see the student working on their long hair look.
- Complete a reflection log from their long hair styling practice sessions, what went wrong, what went right and what will they do differently in the finals?

The above is recommended to help prepare competitors for the second stage of the competition, the qualifier stage.

Students to retake their Pre Self-Assessment to see their own progress.

Competitors to complete prior to final stage of competition (National Finals):

Final Self-Assessment

AC	Skill	I am confident	I am not too confident	I don't understand what I must do.
1	Create a mood board of long hair styles for the competition			
2	Add pictures to your mood board of any hair accessories you could or may use.			
3	State what tools and equipment will be used on the long hair style.			

4	Describe what products you could or may use to create the long hair finished look.			
5	Describe what pins, bands, clips and/or hair accessories that will or may be needed to create the look			
6	Prepare work area and floor stand and mannequin head or live model.			
7	Prepare products, tools and equipment and mannequin head, floor stand or chair for live model			
8	Ensure all your products, tools and equipment are organised to use easily.			
9	Brush out mannequin head or model to it is ready to create the long hair style.			
10	Ensure work area is tidy and client care is monitored if a live model is used for the competition.			

Best of Luck to you all