

ATHLETIC ACTIVITIES

Rowing and Sculling

Unit 2564 (AS)

National Governing Body: Amateur Rowing Association
The Priory, 6 Lower Mall, London W6 9DJ
Tel: 020 8748 3632. Fax: 020 8741 4658
www.ara-rowing.org

The candidate is assessed performing either rowing or sculling.

STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Rowing & Sculling. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Rowing & Sculling to those in other activities, so that consistency in assessment may be established.

ASSESSMENT

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skills is measured through the movement phases identified below:

- **Rowing**
 - Leg position / action
 - Body position / action
 - Arm position / action
 - Posture
 - Overall efficiency
- **Sculling**
 - Leg position / action
 - Body position / action
 - Arm position / action
 - Posture
 - Overall efficiency

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

The candidate will focus on either:

Sprint Events

Shorter distance sprint events – 2000 metres (usually situated on Lakes with lanes), focusing on starts, technique and race tactics.

Or

'Head race' Events

Longer distance 'Head race' events – 2500 to 6000 metres, focusing on 'Rolling starts', positioning on the river, technique and race tactics.

Conditioned competitive situations

Possible situations:

Sprints – starts, short sprints e.g. 20 stroke efforts

Heads – part race distances

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is the successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of tactics to outwit the opposition. Performances in the conditioned competitive situations have been excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduced a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations have been very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the conditioned competitive situations have been good and improvement reflects satisfactory learning and understanding.
7 – 12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the conditioned competitive situations have become more consistent and progress has allowed some learning and understanding.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate has been able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.