

ATHLETIC ACTIVITIES

Kayaking

Unit 2564 (AS)

National Governing Body: British Canoe Union
Adbolton Lane, West Bridgford, Nottingham. NG2 5AS

Standardisation

The activity will be assessed by an experienced assessor and adjudicator of Kayaking. 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 Kayaking to those in other activities, so that consistency in assessment may be established.

The candidate is assessed performing the following acquired and developed skills, these being selected from one of the following event areas: sprint, marathon, freestyle and slalom.

Assessment

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

- **Sprint Events**

Paddling technique

- Back action
- Shoulder action
- Arm action
- Hip and leg action
- Body rotation

Starting technique

Finishing technique

Boat control

- **Marathon Events**

- Starting position and technique
- Assessing the conditions
- Paddling technique
- Wash hanging
- Portaging

- **Slalom**

Paddling technique

- Forward Power Strokes
- Reverse Power Strokes
- Forward Sweep Strokes
- Reverse Sweep / Pivot Stroke
- Draw Stroke
- Bow Rudder (Left and Right)
- Bow Draw (Left and Right)

- **In the following Manoeuvres**

- Break-in
- Break-out
- Ferry Glide
- Backing Off
- Stagger
- 'S' Upstream
- Merano

- **Freestyle**

Paddling techniques

- Back action
- Shoulder action
- Arm action
- Hip and Leg action
- Body action

Safe and controlled white water paddling strategy

Rolling

Basic freestyle moves (edge control and balance / surf front and back / spins / vertical enders / stern dips / double pump / cartwheel)

Candidates should be able to compete in these events in one of the following boats: K1, K2, K4, C1, C2, Freestyle Kayak.

In addition to the above skills candidates should demonstrate a clear understanding of the equipment which is necessary for kayaking through its preparation and use. The equipment is as follows:

- **Kayak**

How to set up a kayak

Dimensions

Weight

- **Paddles**

How the length of the paddles should relate to each individual

How the size of the blade varies for different people

Conditioned competitive situations

Assessment should be carried out in sprint, marathon, slalom or freestyle events. The requirements of weight and size of kayaks should be taken into account.

Assessment should be carried out in one event from sprint, marathon, slalom or freestyle events. The requirements of weight and size of kayaks should be taken into account.

Athletic Activities: Kayaking**Unit 2564 (AS)**

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 successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the conditioned competitive situations are 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 shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations are very good and improvement are 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 is 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 are 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 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 is 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.

ATHLETIC ACTIVITIES

Kayaking

Unit 2567 (A2)

National Governing Body: British Canoe Union
Adbolton Lane, West Bridgford, Nottingham. NG2 5AS

Standardisation

The activity will be assessed by an experienced assessor and adjudicator of Kayaking. 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 Kayaking to those in other activities, so that consistency in assessment may be established.

The candidate is assessed performing one acquired and developed skill this being selected from one of the following event areas: sprint, marathon, and slalom. The candidates assessed activity should be identified on the Assessment Sheet.

The formal competitive situation will be one of the following:

- Sprints - Distance
- Marathons – Distance and Water
- Slalom – Gates / Distance and Grade of Water
- Freestyle – Number of Moves / Water

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

- **Sprint Events**

Paddling technique

- Back action
- Shoulder action
- Arm action
- Hip and leg action
- Body rotation

Starting technique

Finishing technique

Boat control

- **Marathon Events**

- Starting position and technique
- Assessing the conditions
- Paddling technique
- Wash hanging
- Portaging

- **Slalom**

Paddling technique

- Forward Power Strokes
- Reverse Power Strokes
- Forward Sweep Strokes
- Reverse Sweep / Pivot Stroke
- Draw Stroke
- Bow Rudder (Left and Right)
- Bow Draw (Left and Right)

- **Manoeuvres**
 - Break-in
 - Break-out
 - Ferry Glide
 - Backing Off
 - Stagger
 - 'S' Upstream
 - Merano

- **Freestyle**

Paddling techniques

- Back action
- Shoulder action
- Arm action
- Hip and Leg action
- Body action

Safe and controlled white water paddling strategy

Rolling

Basic freestyle moves (edge control and balance / surf front and back / spins / vertical enders / stern dips / double pump / cartwheel)

Candidates should be able to compete in these events in one of the following boats: K1, K2, K4, C1, C2, Freestyle Kayak.

In addition to the above skills candidates should demonstrate a clear understanding of the equipment which is necessary for kayaking through its preparation and use. The equipment is as follows:

- **Kayak**

How to set up a kayak

Dimensions

Weight

The details of the competitive situations need to be identified i.e.

- Sprints – Distances
- Marathons – Distances / Water
- Freestyle – Number of Moves / Water
- Slalom – Number of Gates / Water

Through application in their performance candidates should demonstrate an understanding of:

- Knowledge of competition rules
- Safety issues
- Knowledge of water
 - Flow
 - River Right / Left
 - Eddie lines
 - River bed conditions
 - Vegetation
 - Waves
 - Stopper types
- Code of ethics

These assessment phases are used in conjunction with the assessment criteria.

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 successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
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 shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
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 is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.
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 formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. 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 is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate is occasionally in a team.