

OUTDOOR AND ADVENTUROUS ACTIVITIES

Wakeboarding

Unit 2564 (AS)

Governing Body: Wakeboard UK in Association with British Water Ski
Email: www.wakeboard.co.uk

Assessment

The candidate is assessed in the selection and application of acquired and developed skills, whilst planning and taking part in a physically and technically demanding course at a recognised wakeboarding centre. The water conditions available must allow the candidate to fulfil the assessment phases. The candidate must wear, and the boat be fitted with appropriate safety equipment. Wakeboarding may be carried out using a cable.

The following regulations will apply:

- Rules and guidelines will be followed as laid down by the UK Wakeboarding Association
- Appropriate safety procedures must be applied
- The candidate maintains a detailed log book which covers the planning and preparation for a course itself. The log **must** be available for moderation.

The log should contain:

- Details of personal equipment for the course and the reasons for using it
- Details of safety prior to the activity including details of the cable low lines
- Discussion of safety principles to be applied
- Identification of the code of ethics to be applied
- Planning for a single pass with relevant safety measure
- Details of the tricks involved in the conditioned competitive situations

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 skill can be measured through the phases identified below.

- Organisation and use of equipment
- Demonstration of appropriate techniques whilst performing a range of manoeuvres; i.e. deep water strat, cuts, jumps spins, grabs, falling (see conditioned competitive situations)
- Knowledge of health and safety (including distress signals), local by-laws;
- Application of understanding of the spirit and content of the rules of the road and the ethics of wakeboarding.

The assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations.

Conditioned Competitive Situations

Building Blocks and Basic Tricks

Unit 2564 (AS)

Building Blocks	Additional moves	Additional moves	New trick made
Wake jump	+ grab	+ 180	Grab 180
Backroll	+ grab	+ 180	Grabbed backroll to fakie
Tantrum	+ grab	+ 180	Grabbed tantrum/ tantrum to fakie
Front roll	+ grab	+ 180	Grabbed front roll/Grabbed scarecrow
Toe side roll	+ grab	+ 180	Toe side grabbed backroll to fakie
Raley	+ grab	+ 180	Hoochie glide/OHH of Krypt (Raley to fakie)

Wake jump	+ 180	+ 180	360
-----------	-------	-------	-----

Terminology Explained

Grab: A grab is where you grasp the board and hold it for about a second, but the longer the better. There are many different types of grab; they are determined by the part of the board which is being grabbed e.g. if you grab the back of the board this is called a 'tail grab' as opposed to a 'nose grab' at the front end.

Any **invert** (flip) with an added 180 is called a 'fakie'.

STANDARDISATION

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

Outdoor and Adventurous Activities: Wakeboarding**Unit 2564**

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 pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of survival and safety techniques. 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 demonstrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques on the course. Under 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 survival and safety techniques. Performances in the conditioned competitive situations have been very good and improvement has been such as to allow them 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 on the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use sound survival and safety techniques. 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 performance on the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a 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 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 has been able to incorporate some survival and safety techniques 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.

OUTDOOR AND ADVENTUROUS ACTIVITIES

Wakeboarding

Unit 2567 (A2)

Governing Body: Wakeboard UK in Association with British Water Ski
Email: www.wakeboard.co.uk

Assessment

The candidate is assessed in the selection and application of acquired and developed skills, whilst planning and taking part in a physically and technically demanding competition at a recognised wakeboarding centre. The water conditions available must allow the candidate to fulfil the assessment phases. The candidate must wear, and the boat be fitted with appropriate safety equipment. The candidate will be given two passes in which to demonstrate basic and advanced techniques.

The following regulations will apply:

- Rules and guidelines will be followed as laid down by the UK Wakeboarding Association
- Appropriate safety measures must be applied
- The candidate maintains a detailed log book which covers the planning and preparation for the competition itself. The log **must** be available for moderation.

The log should contain:

- Details of personal equipment for the course and the competition
- Details of safety equipment on the boat
- Discussion of safety principles to be applied
- Identification of the code of ethics to be applied
- Planning for a single pass with relevant safety measures
- Details of the tricks involved in the passes
- Evaluative comments in relation to the competition
- Knowledge of judging criteria for free

Assessment is based on performance in a 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 skill can be measured through the phases identified below.

- **Intensity**, based on
aggression in the cuts
height/amplitude of tricks
- **Variation**
tricks
style
- **Technicality**
number of high technical tricks

Assessment in this area is based on the quality of the individual elements in the sequence, its accuracy as well as its conformity to regulations. The regulations allow for two falls in the two passes. There is no time limit imposed on the two runs.

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

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 in the two passes where accuracy, control and fluency remain despite pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of survival and safety techniques. Performances in the conditional 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 demonstrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques during the passes. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate has been able to introduce and use a range of survival and safety techniques. 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 performance. There is a sound level of success in the selection and application of advanced techniques during the passes and under pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use sound survival and safety techniques. 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 performance. There is an attempt to select and apply advanced techniques during the passes and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has been able to introduce survival and safety techniques at a 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 performance. There is an attempt to select and apply advanced techniques during the two passes and under pressure there is a level of technical accuracy, control and fluency. The candidate has been able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the conditional competitive situations have some consistency with a degree of learning and understanding.

STANDARDISATION

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