

Canoeing

| The performance of skills and techniques in isolation/unopposed situations | Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation |
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| <p>Candidates will be assessed on any four of the skills listed below when performed in isolation/unopposed practice:</p> <ul style="list-style-type: none"> • lifting, launching and carry a boat • forward paddling, stopping • reverse over a figure of eight course • knifed J (Canadian stroke) • move the boat sideways using appropriate techniques • use sculling draws, sculling support or simple pry strokes • prevent capsizing • Eskimo rescue and under a tow • turning, tandem/solo • securing the boat and disembarking. | <p>Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations, as well as:</p> <ul style="list-style-type: none"> • journeying on flat, moving and/or white water, e.g. 2 hours to complete 6 km. • take account of external factors: e.g. weather, crowd, competitors in race • apply pace judgement. • ability to adapt to changing circumstances eg weather, opposition • decision making • adhering to rules, health and safety guidelines, and considering appropriate risk management strategies |

Assessment criteria for canoeing

| Level | Mark | Descriptor | Level | Mark | Descriptor |
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| | 0 | No rewardable evidence | | 0 | No rewardable evidence |
| 1 | 1-2 | <p>Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Lifting, launching and carrying boat is ineffective. • Forward paddling and stopping lacks technical merit, consistency and efficiency. • Reverse over a figure of eight course with ineffective control and stability. • Knifed J (Canadian stroke) lacks technical accuracy and stability. • Attempts to move the boat sideways with inappropriate techniques, lacking control and stability. • Sculling draws, sculling support or simple pry strokes lack efficiency and control. • Prevent capsizing, perform an Eskimo rescue and under a tow is unsecure and ineffective. • Turning, tandem/solo lacks control. • Linked paddling movement. • Trim/tilt and balanced sailing is ineffective. • Securing the canoe, disembarking is achieved but inconsistently. | 1 | 1-5 | <p>Demonstrates ineffective skills, techniques and decision making, with little or no precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Position-specific skills and techniques performed ineffectively. • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application. • No awareness and use of environmental conditions to benefit performance. • Journeying is inconsistent and occasionally completed. |

| Level | Mark | Descriptor | Level | Mark | Descriptor |
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| 2 | 3–4 | <p>Demonstrates a basic level of technical accuracy, with little precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Limited ability to safely lift, carrying and launching boat. • Forward paddling and stopping lacks technical accuracy and stability. • Reverse over a figure of eight course to assist turning lacks control • Knifed J (Canadian stroke) are inconsistent. • Attempts to move the boat sideways with inappropriate techniques and lacks efficiency. • Sculling draws, sculling support or simple pry strokes are limited and lack efficiency. • Prevent capsizing, perform an Eskimo rescue and under a tow is limited in effectiveness. • Turning, tandem/solo is limited and lacks efficiency. • Linked paddling movement is somewhat effective. • Trim/tilt and balanced sailing is limited in effectiveness. • Securing the boat, disembarking is completed with some effect. | 2 | 6–10 | <p>Demonstrates basic skills, techniques and decision making, with little precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Position-specific skills and techniques performed basically. • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements. • Attempts to respond to environmental conditions but without success. • Journeying is completed with difficulty/uncompleted. |

| Level | Mark | Descriptor | Level | Mark | Descriptor |
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| 3 | 5–6 | <p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Competent lifting, launching and carry a boat. • Forward paddling and stopping has some proficiency. • Reverse over a figure of eight course is effective if not technically correct. • Knifed J (Canadian stroke) is effective if not technically correct. • Move the boat sideways using appropriate techniques has some proficiency. • Use sculling draws, sculling support or simple pry strokes is effective if not technically correct. • Prevent capsizing, perform an Eskimo rescue and under a tow is performed effectively and securely. • Turning, tandem/solo has some proficiency. • Linked paddling movement is effective. • Trim/tilt and balanced sailing shows signs of some proficiency. • Securing the boat, disembarking is undertaken securely. | 3 | 11–15 | <p>Demonstrates a competent level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Position-specific skills and techniques performed competently. • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Attempts to respond to environmental conditions, but with little success. • Journeying is completed with some successes but may require additional support. |

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| 4 | 7-8 | <p>Demonstrates a good level of technical accuracy, with precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Consistent and secure lifting, carrying and launching boat. • Forward paddling and stopping is efficient and technically sound. • Reverse over a figure of eight course is technically sound and efficient. • Knifed J (Canadian Stroke) is consistent and secure technically. • Move the boat sideways using appropriate techniques is consistent and secure technically. • Use sculling draws, sculling support or simple pry strokes is technically sound and efficient. • Prevent capsizing, perform an Eskimo rescue and under a tow is effective and secure. • Turning, tandem/solo is consistent and secure technically. • Linked paddling movement is consistently effective. • Trim/tilt and balanced sailing is effectively consistent. • Securing the boat, disembarking is consistent and secure. | 4 | 16-20 | <p>Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Good position-specific skills and techniques. • Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements. • Responds to environmental conditions with some success. • Journeying is completed proficiently within time limitations |

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| 5 | 9–10 | <p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency, when:</p> <ul style="list-style-type: none"> • Consistent and secure lifting, carrying and launching boat. • Forward paddling and stopping is technically correct and efficient. • Reverse over a figure of eight course is technically correct, secure and efficient. • Knifed J (Canadian stroke) is technically correct and efficient. • Move the boat sideways using appropriate techniques is technically correct and efficient. • Use sculling draws, sculling support or simple pry strokes is technically correct and efficient. • Prevent capsizing, perform an Eskimo rescue and under a tow is secure, correct and effective. • Turning, tandem/solo is consistent and effective. • Linked paddling movement is consistently efficient. • Trim/tilt and balanced sailing is consistently efficient. • Securing the boat, disembarking is competent and secure. | 5 | 21–25 | <p>Demonstrates a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation, to include the following.</p> <ul style="list-style-type: none"> • Very good position-specific skills and techniques. • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Responds effectively to environmental conditions. • Journeying is completed to strict time limits and undertaken safely and proficiently. |