

Road Cycling

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
<p>Candidates will be assessed on any four of the skills listed below when performed in isolation or unopposed practice, when road cycling: 'Bike' means either: road race legal racing bike or a fixed wheel track bike.</p> <ul style="list-style-type: none"> • preparation to ride • ensure correct bike fit • starting to ride, acceleration and maintenance of speed • slowing down, stopping and dismounting • use of rollers to prepare for an event • riding at very slow speeds • holding a line • sprinting • climbing – in and out of the saddle. • descending • cornering • use of gears • riding in a group • riding at the front of a group • moving off the front of a group • movement within a group 	<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. Evidence should be demonstrated in a competitive road race or time trial over a distance of no less than 10 miles, including using the skills/techniques from isolation/unopposed situations, as well as:</p> <ul style="list-style-type: none"> • ability to compete safely and ensure that the safety of others is not compromised by their own performance, e.g. holding a line when sprinting • application of the rules of road racing for each event entered • application of appropriate strategies in conjunction with the physical fitness of the rider • ability to adapt to the environment and changing circumstances (e.g. weather, competitor's actions, adjusting pace) • adhering to rules, health and safety guidelines, and considering appropriate risk management strategies.

Assessment criteria for road cycling

Level	Mark	Descriptor	Level	Mark	Descriptor
	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"> • Unable to ride on the rollers. • Able to start from both a support (side or rear support) and a one legged upright stance but may take some time to clip in There will be head dropping as they search for the pedal. • Rides with some balance but wobbles when riding slow and lacks confidence to go fast/sprint. • Speed of riding is constantly changing. • Able to ride in a line but with 2 or 3 bike lengths between the next rider. • Incorrect gears used and they are rarely changed. • Cornering is undertaken nervously and often with the wrong leg raised. 	1	1-5	<p>Demonstrates a limited level of precision when executing skills, techniques and decision making during a conditioned/formal/competitive situation:</p> <ul style="list-style-type: none"> • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application. • Minimal influence on the performance and motivation of self and others. • Limited communication during the race. • No awareness and use of environmental conditions to benefit performance. • No clear evidence of tactical changes; when seen they are ineffective and inconsistent in response to the opposition's actions. • No valid attempt to adapt to changes in a competitive situation to dominate opponents. • Unable to ride in a group • Does not understand, nor has the necessary skills, for drafting • Unable to predict changes in speed and terrain

Level	Mark	Descriptor	Level	Mark	Descriptor
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"> • Attempts to ride on the rollers but is unable to sustain balance for any length of time. • Able to start from both a support (side or rear support) and a one legged upright stance but may take some time to clip in. There will be head dropping as they search for the pedal. • Rides with some balance but wobbles when riding slow and lacks the confidence to go fast/sprint. • Able to maintain effort/speed for a short period of time but there may be quite sudden fluctuations in speed. • Gear selection made but may be taken late. • Cadence is very variable and often leads to unnecessary standing. • Cornering is performed with the correct leg raised but the line into and out of a corner will not always be the optimum. • Climbing is uneconomical and fatigued, with gear selection not optimal to help the climb. • Descending is quite hesitant at times with the rider braking for much of the descent. 	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"> • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements. • Basic influence on the performance and motivation of self and others. • Rarely communicates during the race and with little impact. • Attempts to respond to environmental conditions but without success. • Any tactical changes are ineffective and inconsistent in response to the opposition's actions. • Attempts to adapt to changes in a competitive situation to dominate opponents, but with little success. Poor pace judgement will lead to a less than optimal race performance. • Inconsistent skills required to ride in a group • Understands the concept of drafting but skills to do so are inconsistent • Understands the impact of changes of speed and terrain on racing but ability to adjust performance is inconsistent

Level	Mark	Descriptor	Level	Mark	Descriptor
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"> Starting on the rollers may require assistance, but has competent balance. Able to start competently from a support (side/rear support) and a one legged upright stance. Able to ride with good balance at medium speeds, but wobbling at lower speeds. Maintains a consistent effort/speed for a short period of time. Correct gear selected often to maintain a consistent cadence. Cornering with the correct leg raised and a competent entry and efficient exit line. Climbing with competent and effective use of gears however there is still a tendency to work too hard too early in the climb. Descending is undertaken competently although breaking is often heavy and late. 	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"> Skills and techniques used competently with some accurate timing and consistency of application, but with errors. Some influence on the performance and motivation of self and others. Some communication during the race with some impact, but inconsistent in places. Attempts to respond to environmental conditions, but with little success. Tactical changes are sometimes effective but inconsistently applied in response to the opposition's actions. Attempts to adapt to changes in a competitive situation to dominate opponents, with some success. Ability to differentiate the demands of the different races, be they sprint or endurance based, and able to apply competent and appropriate tactics with increasing success, for example, attacking on a hill or out of a bend. A more efficient application of pacing is evident, however tactics and strategies within a race may actually still be quite limited. Competent skills when required to ride in a group Competent drafting skills in order to cover potential breakaways and sprint finishes Predicts changes in speed and terrain and attempts to adjust performance accordingly with some success.

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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"> • Good balance on the rollers and can carry out skills, such as drinking and one handed riding. One legged drills may require support when clipping/unclipping. • Able to ride with good balance at low speeds, coming to a stop. • Maintain a consistent effort/speed and able to ride within and at the front of a group. • Clear differential in speed when sprinting, achieved relatively quickly and within a limited number of strokes. • Optimum cadence achieved with good and seated drive. • Gear selection is very good and often effective. • Cornering is performed well with a good degree of speed carried out of the corner. • Climbing is effective, good gear choice and pace judgement. • Descending is undertaken confidently and at speed. 	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 skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements. • Often able to influence effectively the performance and motivation of self and others, but with minor misjudgements. • Effective communication with good impact during the race, but with misjudgements. • Responds to environmental conditions with some success. • Tactical changes are effective and consistent, but in response to the opposition's actions. • Adapts effectively but inconsistently to changes in a competitive situation to dominate opponents. • Has good strategic awareness of the different events within their preferred area of disciplines and rides the different events with these in mind. • Good awareness of their own strengths and performs well within the different events in order to utilise this optimally. • Good skills when required to ride in a group. • Good drafting skills and consistent ability to anticipate and then cover potential breakaways and sprint finishes • Predicts and anticipates changes in speed and terrain and is consistently able to adjust performance accordingly with consistent success.

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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"> Starting on the rollers is performed quickly and without assistance. Able to clip and unclip while on the rollers and also to drink and ride without hands. One legged drills are carried out effectively and demonstrate a very smooth technique on both legs. Able to sprint from seated or standing, holds a consistent line. Sprint with very good effect. Clear differential in speed that is achieved quickly and within a limited number of strokes. Optimum cadence is quickly achieved through a powerful acceleration phase and supported by an effective seated drive. Gear selection is very effective and helps a consistent cadence when riding on the flats or when climbing. Cornering is performed very well with a good entry and exit line leading to carrying speed out of the corner. Climbing is very effective. Descending is smooth, quick and safe and carried out at speed. 	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 skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. Consistently able to effectively influence the performance and motivation of self and others. Consistent communication during the race with effective impact, with few, if any, misjudgements. Responds effectively to environmental conditions. Applies tactical changes effectively and consistently in response to the opposition's actions, with few, if any, misjudgements. Adapts effectively and consistently to changes in a competitive situation to dominate opponents. Awareness of the strengths and weaknesses of opponents and uses this information to maximise success. Able to perform comfortably at a very good level of competition without any loss of technique. Very good skills when required to ride in a group Very good drafting skills and consistent and effective ability to anticipate and then cover potential breakaways and sprint finishes with considerable success. Able to consistently and effectively predicts and anticipate changes in speed and terrain; able to adjust performance efficiently and with considerable success.