

## Rowing

<b>The performance of skills and techniques in isolation/unopposed situations</b>	<b>Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</b>
<p>Candidates will be assessed on the quality demonstrated of their ability to enter, exit and secure a boat and perform a rowing stroke, according to their chosen position or when coxing:</p> <p><b>Rowing:</b> Stroke, to include: accuracy, length/speed, and effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall rowing action (posture, range of motion)</li> <li>• entry (leg action, acceleration of the handle)</li> <li>• drive (leg action, back, arm draw)</li> <li>• extraction (blades parallel to water, height of blades from water, body position)</li> <li>• recovery (fluid motion, hand action, body, slide)</li> <li>• ratio, rhythm and timing (relationship between the drive and recovery phase).</li> </ul> <p>OR</p> <p><b>Coxing:</b> Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction</li> <li>• strategy.</li> </ul>	<p>Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges (according to their chosen role) during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations, as well as:</p> <p><b>Rowing:</b></p> <ul style="list-style-type: none"> <li>• demonstrating communication and influence on team performance applying the team strategy</li> <li>• ability to adapt to the environment and changing circumstances (e.g. weather).</li> <li>• rowing in competitive environments 'side by side' between 1000–2000 m or time trials up to 3000 m</li> <li>• ability to keep to stroke count and team work</li> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies.</li> </ul> <p>OR</p> <p><b>Coxing:</b> Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction, e.g. change of stroke count</li> <li>• strategy</li> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies.</li> </ul>

### Assessment criteria for rowing

Level	Mark	Descriptor	Level	Mark	Descriptor
	0	No rewardable evidence		0	No rewardable evidence
1	1-2	<p>Demonstrates an <b>ineffective</b> level of technical accuracy, with little or no precision, control and fluency, when:</p> <p><b>Rowing:</b></p> <p>Stroke, to include: accuracy, length/speed, and effectiveness of the stroke, is ineffective, inefficient and contains many errors:</p> <ul style="list-style-type: none"> <li>• overall rowing action (posture, range of motion)</li> <li>• entry (leg action, acceleration of the handle)</li> <li>• drive (leg action, back, arm draw)</li> <li>• extraction (blades parallel to water, height of blades from water, body position)</li> <li>• recovery (fluid motion, hand action, body, slide)</li> <li>• ratio, rhythm and timing (relationship between the drive and recovery phase).</li> </ul> <p>OR</p> <p><b>Coxing:</b></p> <p>Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction</li> <li>• strategy</li> </ul>	1	1-5	<p>Demonstrates <b>ineffective</b> 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"> <li>• Position-specific skills and techniques performed ineffectively.</li> <li>• Skills and techniques performed ineffectively with inaccurate timing and inconsistent application.</li> <li>• Minimal influence on the performance and motivation of self and others.</li> <li>• Limited communication during the race.</li> <li>• No awareness and use of environmental conditions to benefit performance.</li> <li>• Rowing in competitive environments 'side by side' between 1000-2000 m or time trials up to 3000 m are inconsistent and occasionally completed</li> <li>• Ability to keep to stroke count and to work as part of the crew is ineffective.</li> </ul>

Level	Mark	Descriptor	Level	Mark	Descriptor
2	3-4	<p>Demonstrates a <b>basic</b> level of technical accuracy, with little precision, control and fluency, when:</p> <p><b>Rowing:</b></p> <p>Stroke, to include: accuracy, length/speed, and effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall rowing action (posture, range of motion)</li> <li>• entry (leg action, acceleration of the handle)</li> <li>• drive (leg action, back, arm draw)</li> <li>• extraction (blades parallel to water, height of blades from water, body position)</li> <li>• recovery (fluid motion, hand action, body, slide)</li> <li>• ratio, rhythm and timing (relationship between the drive and recovery phase).</li> </ul> <p>OR</p> <p><b>Coxing:</b></p> <p>Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction</li> <li>• strategy</li> </ul>	2	6-10	<p>Demonstrates <b>basic</b> 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"> <li>• Position-specific skills and techniques performed basically.</li> <li>• Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements.</li> <li>• Basic influence on the performance and motivation of self and others.</li> <li>• Rarely communicates during the race and with little impact.</li> <li>• Attempts to respond to environmental conditions but without success.</li> <li>• Rowing in competitive environments 'side by side' between 1000-2000 m or time trials up to 3000 m are completed with difficulty/uncompleted.</li> <li>• Ability to keep to stroke count and to work as part of the crew is basic and inconsistent.</li> </ul>

Level	Mark	Descriptor	Level	Mark	Descriptor
3	5-6	<p>Demonstrates a <b>competent</b> level of technical accuracy, with some precision, control and fluency, when:</p> <p><b>Rowing:</b></p> <p>Stroke, to include: accuracy, length/speed, and effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall rowing action (posture, range of motion)</li> <li>• entry (leg action, acceleration of the handle)</li> <li>• drive (leg action, back, arm draw)</li> <li>• extraction (blades parallel to water, height of blades from water, body position)</li> <li>• recovery (fluid motion, hand action, body, slide)</li> <li>• ratio, rhythm and timing (relationship between the drive and recovery phase).</li> </ul> <p>OR</p> <p><b>Coxing:</b></p> <p>Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction</li> <li>• strategy.</li> </ul>	3	11-15	<p>Demonstrates a <b>competent</b> 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"> <li>• Position-specific skills and techniques performed competently.</li> <li>• Skills and techniques used competently with some accurate timing and consistency of application, but with errors.</li> <li>• Some influence on the performance and motivation of self and others.</li> <li>• Some communication during the race with some impact, but inconsistent in places.</li> <li>• Attempts to respond to environmental conditions, but with little success.</li> <li>• Rowing in competitive environments 'side by side' between 1000-2000 m or time trials up to 3000 m are consistent and completed.</li> <li>• Ability to keep to stroke count and to work as part of the crew is competent and consistent.</li> </ul>

Level	Mark	Descriptor	Level	Mark	Descriptor
4	7-8	<p>Demonstrates a <b>good</b> level of technical accuracy, with precision, control and fluency, when:</p> <p><b>Rowing:</b></p> <p>Stroke, to include: accuracy, length/speed, and effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall rowing action (posture, range of motion)</li> <li>• entry (leg action, acceleration of the handle)</li> <li>• drive (leg action, back, arm draw)</li> <li>• extraction (blades parallel to water, height of blades from water, body position)</li> <li>• recovery (fluid motion, hand action, body, slide)</li> <li>• ratio, rhythm and timing (relationship between the drive and recovery phase).</li> </ul> <p>OR</p> <p><b>Coxing:</b></p> <p>Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction</li> <li>• strategy.</li> </ul>	4	16-20	<p>Demonstrates a <b>good</b> 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"> <li>• Good position-specific skills and techniques.</li> <li>• Good skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements.</li> <li>• Often able to influence effectively the performance and motivation of self and others, but with minor misjudgements.</li> <li>• Effective communication with good impact during the race, but with misjudgements.</li> <li>• Responds to environmental conditions with some success.</li> <li>• Rowing in competitive environments 'side by side' between 1000-2000 m or time trials up to 3000 m are consistent and completed competitively.</li> <li>• Ability to keep to stroke count and team work is good and consistent.</li> </ul>

Level	Mark	Descriptor	Level	Mark	Descriptor
5	9–10	<p>Demonstrates a <b>very good</b> level of technical accuracy, with accurate precision, control and fluency, when:</p> <p><b>Rowing:</b></p> <p>Stroke, to include: accuracy, length/speed, and effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall rowing action (posture, range of motion)</li> <li>• entry (leg action, acceleration of the handle)</li> <li>• drive (leg action, back, arm draw)</li> <li>• extraction (blades parallel to water, height of blades from water, body position)</li> <li>• recovery (fluid motion, hand action, body, slide)</li> <li>• ratio, rhythm and timing (relationship between the drive and recovery phase).</li> </ul> <p>OR</p> <p><b>Coxing:</b></p> <p>Effectiveness, to include:</p> <ul style="list-style-type: none"> <li>• safety</li> <li>• steering</li> <li>• communication and instruction</li> <li>• strategy.</li> </ul>	5	21–25	<p>Demonstrates a <b>very good</b> 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"> <li>• Very good position-specific skills and techniques.</li> <li>• Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements.</li> <li>• Consistently able to effectively influence the performance and motivation of self and others.</li> <li>• Consistent communication during the race with effective impact, with few, if any, misjudgements.</li> <li>• Responds effectively to environmental conditions.</li> <li>• Rowing in competitive environments 'side by side' between 1000–2000 m or time trials up to 3000 m are consistent and completed leading a race/group.</li> <li>• Ability to keep to stroke count and to work as part of the crew is very good, effective and consistent.</li> </ul>