

## Sculling

<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 any <b>four</b> of the skills listed below when performed in isolation/unopposed practice:</p> <p>Stroke: accuracy, length/speed, effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall sculling 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>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"> <li>• sculling in competitive environments between 1000–2000 m</li> <li>• responding to environmental conditions</li> <li>• stroke count and working as part of the crew (if applicable)</li> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies</li> </ul>

### Assessment criteria for sculling

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>Stroke: accuracy, length/speed, effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall sculling 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>	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>• Skills and techniques performed ineffectively with inaccurate timing and inconsistent application.</li> <li>• No awareness and use of environmental conditions to benefit performance.</li> <li>• Sculling in competitive environments between 1000–2000 m is inconsistent and occasionally completed</li> <li>• Ability to keep to stroke count and to work as part of the crew (if applicable) is not evident</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>Stroke: accuracy, length/speed, effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall sculling 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>	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>• Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements.</li> <li>• Attempts to respond to environmental conditions but without success.</li> <li>• Sculling 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 (if applicable) is 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>Stroke: accuracy, length/speed, effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall sculling 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>	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>• Skills and techniques used competently with some accurate timing and consistency of application, but with errors.</li> <li>• Attempts to respond to environmental conditions, but with little success.</li> <li>• Sculling 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 (if applicable) is 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>Stroke: accuracy, length/speed, effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall sculling 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>	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 skills and techniques, with mostly accurate timing and consistency of application, but with minor errors and misjudgements.</li> <li>• Responds to environmental conditions with some success.</li> <li>• Sculling 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 (if applicable) is 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>Stroke: accuracy, length/speed, effectiveness of the stroke:</p> <ul style="list-style-type: none"> <li>• overall sculling 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>	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 skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements.</li> <li>• Responds effectively to environmental conditions.</li> <li>• Sculling 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 (if applicable) is very effective and consistent.</li> </ul>