

## ATHLETIC ACTIVITIES

### Dragon Boat Racing

Unit 2564 (AS)

**National Governing Body:** The British Dragon Boat Racing Association  
13 The Prebend, Northend, Southam, Warwickshire CV47 2TR  
Tel: 01295 770734 Fax: 01295770734  
www.dragonboat.org.uk/bdal

### STANDARDISATION

The standardisation process will be carried out by the PE Head of Department. An experienced assessor and adjudicator of Dragon Boat Racing will assess the activity. The Head of Department together with other members of the department will compare the standards in Dragon Boat Racing to those in other activities, so that consistency in assessment may be established.

### ASSESSMENT

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 skills is measured through the movement phases identified below:

#### *Dragon Boating*

- *Sprint Events – 250/500/1000 metres*

##### Padding Techniques

- The Catch
- Compression
- The Finish
- The Recovery
- Variations in Stroke Technique
- Stroke Rating

##### Starting Technique

- *Endurance Events - 6,000 - 10,000 metres*

Starting Position and technique.

Development of recovery time.

Assessing the environmental conditions (Lake/River) in relation to tactics

Candidates should be able to compete in either sprint or endurance events in a standard international designed boat conforming to BDA and European regulations.

In addition to the above skills, candidates should demonstrate a clear understanding of the equipment which is necessary for dragon boat racing through its preparation for use. The equipment is as follows:

- *Dragon Boat*

Role of the racing bars

Role of the drummer (tradition/active)

Standard European dimensions

Weight

- *Paddles*

How the length of the paddles should relate to each individual  
Degree of stiffness in blade design for different people  
Use of the Helm blade

### **Conditioned competitive situations**

Assessment should be carried out in sprint or marathon events. The requirements of number of paddlers in relation to environmental conditions especially the depth of water/tactics should be taken into account.

### **Possible situations:**

**Sprints** - starts, short sprint paddles 16 - 20 stroke efforts;

**Endurance** - part race distances.

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 successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the conditioned 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 illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations are very good and improvement are 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 performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the conditioned competitive situations are 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 performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the conditioned competitive situations 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 performances. 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 is able to incorporate some tactics and strategies 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.

## ATHLETIC ACTIVITIES

### Dragon Boat Racing

Unit 2567 (A2)

**National Governing Body:** The British Dragon Boat Racing Association  
13 The Prebend, Northend, Southam, Warwickshire CV47 2TR  
Tel: 01295 770734 Fax: 01295770734  
www.dragonboat.org.uk/bdal

### STANDARDISATION

The standardisation process will be carried out by the PE Head of Department. An experienced assessor and adjudicator of Dragon Boat Racing will assess the activity. The Head of Department together with other members of the department will compare the standards in Dragon Boat Racing to those in other activities, so that consistency in assessment may be established.

### ASSESSMENT

The candidate is assessed in the selection and application of the acquired and developed skills, tactical awareness and behaviour whilst taking part in formal competitive situations which focus on Sprint or Endurance events.

This should take place in competitions that present an appropriate challenge and allows candidates to fulfil the assessment phases. The following regulations apply:

The appropriate safety procedures must be applied.

Assessment is based on performance in a formal 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 is measured through the movement phases identified below:

- *Sprint Events – 250/500/1000 metres*

#### Padding Techniques

- The Catch
- Compression
- The Finish
- The Recovery
- Variations in Stroke Technique
- Stroke Rating

#### Starting Technique

- *Endurance Events - 6,000 - 10,000 metres*

Starting Position and technique.

Development of recovery time.

Assessing the environmental conditions (Lake/River) in relation to tactics

Candidates should be able to compete in either sprint or endurance events in a standard international designed boat conforming to BDA and European regulations.

In addition to the above skills, candidates should demonstrate a clear understanding of the equipment which is necessary for dragon boat racing through its preparation for use. The equipment is as follows:

- *Dragon Boat*

Drum and the role of the drummer (tradition/active)  
Standard European dimensions  
Weight

- *Paddles*

How the length of the paddles should relate to each individual  
Degree of stiffness in blade design for different people  
Use of the Helm blade

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 successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces strategies at a high level and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation <b>may</b> be an indicator of attainment of this high standard but assessment criteria <b>must</b> still be met.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to 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 is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate swims occasionally in a team.