|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group name:** |  | **Name** | **Name** | **Name** | **Name** | **Name** | **Name** |
| **Skills:** | D | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| **Core skills intro** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| Fitting PPE |  |  |  |  |  |  |  |
| Awareness of rules & application of safety principles |  |  |  |  |  |  |  |
| Selection of kayak & outfitting |  |  |  |  |  |  |  |
| Launching |  |  |  |  |  |  |  |
| Landing |  |  |  |  |  |  |  |
| Emergency stop |  |  |  |  |  |  |  |
| Capsize self rescue (10m) |  |  |  |  |  |  |  |
| **Core skills strokes** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| Forward paddling |  |  |  |  |  |  |  |
| Backward paddling |  |  |  |  |  |  |  |
| Sideways (draw strokes) |  |  |  |  |  |  |  |
| **Core skills turns** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| Static turn (forward and backward sweep) |  |  |  |  |  |  |  |
| **Advanced skills** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| **Turns** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| Turning on the move (forward sweeps) |  |  |  |  |  |  |  |
| Stern rudder (on the move) |  |  |  |  |  |  |  |
| **Rescues** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| Peer rescue (deep water) |  |  |  |  |  |  |  |
| Capsize & re-entry |  |  |  |  |  |  |  |
| Roll (optional) |  |  |  |  |  |  |  |
| **Moving water** |  | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* | \*\*\*\* |
| Applying tactics – different conditions & competitive situations |  |  |  |  |  |  |  |
| Awareness of conditions |  |  |  |  |  |  |  |
| Awareness of other users |  |  |  |  |  |  |  |
| Enter flow (forward sweeps) |  |  |  |  |  |  |  |
| Exit flow (forward sweeps) |  |  |  |  |  |  |  |
| Crossing flow (forward sweeps) |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Skills performed in conditioned environment** | **Name** | **Name** | **Name** | **Name** | **Name** | **Name** |
| Range of skills |  |  |  |  |  |  |
| Quality of skills |  |  |  |  |  |  |
| Physical attributes |  |  |  |  |  |  |
| Decision making |  |  |  |  |  |  |
| **Overall level:** |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Skills performed in competitive situation** | **Name** | **Name** | **Name** | **Name** | **Name** | **Name** |
| Range of skills |  |  |  |  |  |  |
| Quality of skills |  |  |  |  |  |  |
| Physical attributes |  |  |  |  |  |  |
| Decision making |  |  |  |  |  |  |
| **Overall level:** |  |  |  |  |  |  |

**1 – Inconsistent 2 – Limited consistency 3- Consistently good**

**4- Consistently very good 5- Consistently excellent**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Advised grade**  ( /20 marks) |  |  |  |  |  |  |

**Level 1 – 1-3 marks Level 2 – 4-7 marks Level 3 – 8-12 marks**

**Level 4 – 13-17 marks Level 5 18-20 marks**

|  |  |  |
| --- | --- | --- |
| **Instructor:** | **Signature:** | **Date:** |