



National School Competition Framework Sport: Rowing (Indoor and Water)

AMATEUR ROWING ASSOCIATION



**National School Competition Framework
Sport: Indoor Rowing (Primary)**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
Key Stage 2: 7-9 years	<ul style="list-style-type: none"> • Multi-skills only – we do not advocate rowing competition 			
Key Stage 2: 10-11 years	<ul style="list-style-type: none"> • “Go-Race Indoors” programme delivered by ARA trained/qualified coaches. No more than 100 consecutive/continuous repetitions on an indoor rowing machine (about three minutes) 	<ul style="list-style-type: none"> • At primary location or on short structured visits to ARA accredited link secondary school or at multi-skills festival • Suitable indoor rowers include WaterRower, Concept2 and Rowperfect 	<ul style="list-style-type: none"> • Preferably during the summer term of Year 6 to prepare for possible Year 7 participation 	<ul style="list-style-type: none"> • We do not recommend that children participate in competition outside of their school

National School Competition Framework Organisers' Sheet Sport: Indoor Rowing (Primary)

Competition age group	Format	Facilities	Organisers/Helpers	Resources available from NGB to support
Key Stage 2: 7-9 years	<ul style="list-style-type: none"> We do not advocate rowing competition for this age group 			
Key Stage 2: 10-11 years	<ol style="list-style-type: none"> Coaching and competition with 66% of time spent on coaching and activity Participants should reach DSK level 2 Activity should be part of multi-skills Individual races limited to Year 6 – two minutes Any child should be able to enter Technique must be emphasised over speed Team 2012 relays could be incorporated All participants should receive a certificate of completion 	<ul style="list-style-type: none"> Dry, warm room with flat floor Two to five indoor rowing machines, e.g. Rowperfect, Concept 2, Water rower Also useful would be the ability to display races using a laptop and data projector 	<ul style="list-style-type: none"> Coaching to be led by appropriately qualified teacher/ adult, e.g. ARA Dry Instructors or PESSCL Coaching for Teachers (CfT) Those holding the ARA Junior Rowing Leaders Award can run event if supervised by an appropriate person 	<u>Indoor Rowing for Schools</u> <ol style="list-style-type: none"> ARA Dry Skills Awards ARA Dry Speed Awards ARA Dry Fit Awards PESSCL Coaching for Teachers Award ARA Junior Rowing Leaders Award “Go Race” Organisers' Guide

Association for Physical Education (AfPE) – Endorsed Guidance for Primary Schools

The ARA is fully supportive of initiatives to promote higher levels of activity amongst children. Materials and curriculum information are available for teachers of Key Stage 3 and 4 programmes and these include the use of the indoor rowing machine.

The best preparation for any child embarking on a period of rowing activity is a good PE programme in primary school. This should include a quality movement literacy programme that develops the athletic ability of the individual.

To get the best enjoyment or success from rowing, the participants should be able to swim and be confident in and around water and have the ability to balance; co-ordinate leg, arm and trunk movement patterns; move in time with others; follow and create rhythm; do two-legged activity; work as a team; be flexible; have core stability and have an awareness of their body in space. Once the individual takes part in rowing, they need to have a quality experience. Any activity that is labelled rowing should be fun and delivered in a way that encourages them to want more. The ARA is keen to promote access to indoor rowing and is aware that increasing numbers of primary schools are interested in accessing the sport either through their school sport partnerships or through individual initiatives. Primary schools wishing to use indoor rowing as part of their physical activity provision are advised to adhere to the following guidelines:

- that any primary school indoor rowing programme is only delivered to Year 6 children (rising secondary children) as an introductory programme which could form part of a secondary school induction, lasting for a maximum of a unit of work
- that wherever possible it should be delivered on the secondary school site
- that indoor rowing machines are not placed 'long term' in primary schools
- that if indoor rowing machines are placed temporarily in primary schools, they are stored in a secure area and only used when supervised by a suitably qualified person
- that an appropriately qualified and experienced person always delivers a primary school programme
- that the programme concentrates on developing skill and movement patterns, using the indoor rowing machine as a minor part of the programme.

**National School Competition Framework
Sport: Indoor Rowing (Secondary)**

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<p>Key Stage 3: 11-14 years</p>	<ul style="list-style-type: none"> • Intra or Inter-school “Go-Race Indoors” for pupils achieving Dry Skills Level 2 or 3: <ul style="list-style-type: none"> • Year 7: 2 minute race • Year 8: 3 minute race • Year 9: 4 minute race • ARA 2012m school team events 	<ol style="list-style-type: none"> 1. ARA PESSCL accredited secondary school 2. Clubmark rowing club 3. Central venue, inter-school <ul style="list-style-type: none"> • Events could be organised by those working on the Junior Rowing Leaders Award 	<ul style="list-style-type: none"> • At end of Dry Start programme, e.g. Nov to Dec; Mar to Apr 	<ol style="list-style-type: none"> 1. ARA-recognised county “Go-Race Indoors” Championships 2. National Junior Indoor Rowing Championships (March)
<p>Key Stage 4: 14-16 years</p>	<ul style="list-style-type: none"> • Intra or Inter-school “Go-Race Indoors” for pupils achieving Dry Skills Level 3: <ul style="list-style-type: none"> • Year 10: 5 minute race • Year 11: 6 minute race • ARA 2012m school team events 	<ol style="list-style-type: none"> 1. ARA accredited secondary school 2. Clubmark rowing club 3. Central venue, inter-school <ul style="list-style-type: none"> • Events could be organised by those working on the Junior Rowing Leaders Award 	<ul style="list-style-type: none"> • At end of Dry Start programme, e.g. Nov to Dec; Mar to Apr or at end of Health-Related Exercise unit of work 	<ol style="list-style-type: none"> 1. ARA-recognised county “Go-Race Indoors” Championships 2. National Junior Indoor Rowing Championships (March)
<p>16-19 years</p>	<ul style="list-style-type: none"> • 2000m for pupils achieving Dry Skills Level 3 	<ol style="list-style-type: none"> 1. ARA accredited secondary school/college 2. Clubmark rowing club 		<ol style="list-style-type: none"> 1. ARA-recognised regional competitions 2. English Indoor Championships 3. British Indoors (BIRC)

National School Competition Framework Organisers' Sheet
Sport: Indoor Rowing (Secondary)

Competition age group	Format	Facilities	Organisers/Helpers	Resources available from NGB to support
Key Stage 3/4: 11-14 years plus 15-18 years	<ol style="list-style-type: none"> 1. Coaching, physical activity and competition with 66% of time spent on coaching/physical activity 2. Participants should reach DSK Level 2 or 3 3. Activity should be part of multi-skills 4. Individual races limited to: <ul style="list-style-type: none"> • Year 7: 2 minutes • Year 8: 3 minutes • Year 9: 4 minutes • Year 10: 5 minutes • Year 11: 6 minutes • Year 12/13: 2000m 5. Any child should be able to enter 6. Technique must be emphasised over speed 7. Team 2012 relays could be incorporated 8. All participants should receive a certificate of completion 	<ul style="list-style-type: none"> • Dry, warm room with flat floor • Two to five indoor rowing machines, e.g. Rowperfect, Concept 2, WaterRower • Also useful would be the ability to display races using a laptop and data projector 	<ul style="list-style-type: none"> • Coaching to be led by appropriately qualified teacher/adult, e.g. ARA Dry Instructors or PESSCL Coaching for Teachers (CfT) • Those holding the ARA Junior Rowing Leaders Award can run event if supervised by an appropriate person 	<u>Indoor Rowing for Schools</u> <ol style="list-style-type: none"> 1. ARA Dry Skills Awards 2. ARA Dry Speed Awards 3. ARA Dry Fit Awards 4. PESSCL Coaching for Teachers Award 5. ARA Junior Rowing Leaders Award 6. "Go Race" Organisers Guide

National School Competition Framework
Sport: Rowing – water based

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
Key Stage 2: 7-9 years	<ul style="list-style-type: none"> Multi-skills only – we do not advocate rowing competition 			
Key Stage 2: 10-11 years	<ul style="list-style-type: none"> ARA-recognised “Fun” competitions 	<ol style="list-style-type: none"> Clubmark clubs 	<ul style="list-style-type: none"> Summer 	<ul style="list-style-type: none"> Regional “Fun” events
Key Stage 3: 11-14 years <ul style="list-style-type: none"> Level and distance of competitions should depend on ability level Participants should be able to maintain good posture, rhythm, ratio and run for the full distance 	<ul style="list-style-type: none"> “Wet Start” skill-based competitions for 11-14 year olds Year 7: 1000-2500m time trial and <500m regatta Year 8: 1000-3000m time trial and <500m Regatta Year 9 1000-4000m time trial and <1000m regatta 	<ol style="list-style-type: none"> Clubmark clubs ARA affiliated time trials ARA affiliated regattas 	<ul style="list-style-type: none"> Summer Sept – Apr Apr – Sept At least three months should be competition free 	<ol style="list-style-type: none"> ARA National Time Trials ARA National Schools Regatta GB National Championships
Key Stage 4: 14-16 years <ul style="list-style-type: none"> Level and distance of competitions should depend on ability level Participants should be able to maintain good posture, rhythm, ratio and run for the full distance 	<ul style="list-style-type: none"> Year 10 1000-4000m time trial and <1000m regatta Year 11 1000-4000m time trial and <1500m regatta 	<ol style="list-style-type: none"> ARA affiliated time trials ARA affiliated regattas 	<ul style="list-style-type: none"> Sept – Apr Apr – Sept At least two months should be competition free 	<ol style="list-style-type: none"> ARA National Time Trials ARA National Schools Regattas GB National Championships <p><u>Talented athletes only</u></p> <ul style="list-style-type: none"> Junior inter-regionals GB J16 team
16-19 years <ul style="list-style-type: none"> Level and distance of competitions should 	<ul style="list-style-type: none"> 1000-5000m time trial and <2200m regatta 	<ol style="list-style-type: none"> ARA affiliated time trials ARA affiliated regattas 	<ul style="list-style-type: none"> Sept – Apr Apr – Sept At least six 	<ol style="list-style-type: none"> ARA National Time Trials ARA National Schools Regattas GB National Championships

<p>depend on ability level</p> <ul style="list-style-type: none">• Participants should be able to maintain good posture, rhythm, ratio and run for the full distance			<p>weeks should be competition free</p>	<p><u>Talented athletes only</u></p> <ul style="list-style-type: none">• England team• GB junior squad
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