

**SWIMMING**

**Part 1 – Skills (10 Marks)**

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| **Mark** | **Starts/Finishes** | **Arm Action** | **Leg Action** | **Turns** | **Body Position and breathing** |
| **9-10** | I can effectively dive or perform a backstroke start with control and precision and perform a two handed finish. | I can consistently perform an effective powerful arm action across all four strokes, which help to keep me streamlined with little resistance in the water. | I can consistently perform an effective leg action across all four strokes. Creating power from the kick to aid speed and maintain body position in the water. | I can effectively turn using a tumble turn for both front and back crawl. I can perform a two handed turn for breast stroke and butterfly consistently. | I have effective body position for all four strokes in the water. I can consistently perform bilateral breathing techniques for front crawl. |
| **7-8** | I can dive and use a backstroke start consistently and regularly produce the intended outcome. I can consistently perform a two handed finish. | I can perform front crawl, backstroke and breaststroke arm action with consistency. I can often perform butterfly arm technique accurately. | I can perform front crawl, backstroke and breaststroke leg action with consistency. I can often perform the butterfly kick accurately. | I can perform a tumble turn for front crawl with good technique. I can perform a two handed turn for breast stroke and butterfly consistently. | I can demonstrate good body position in front crawl backstroke and breaststroke. I can often use bilateral breathing for frontcrawl. |
| **5-6** | I understand the start and finish rules and can dive and backstroke start with a good technique most of the time. I sometimes do this without splash. I can usually perform a 2 handed finish. | I can perform front crawl and backstroke arm action with consistency. I attempt to perform breaststroke and butterfly arm action but I am only accurate some of the time. | I can perform the front crawl and backstroke kick with consistency. I attempt to perform breaststroke and butterfly leg action but I am only accurate some of the time. | I can attempt to perform a tumble turn but my technique is not always consistent. I can often use a two handed turn for breast stroke and butterfly. | I can perform showing good body position in front and backstroke. I can attempt bilateral breathing, but I am only accurate some of the time. |
| **3-4** | I understand the start and finish rules and can perform a backstroke start with some success. I struggle to dive without creating a large splash. | I can perform front crawl and backstroke arm action with some success. Sometimes this creates splash and does not make me streamlined in the water. | I can perform front crawl and backstroke leg kick with some success, but my kick sometimes comes from my knees and isn’t always powerful. | I can know the rules of turning and perform a two handed turn most of the time. | I can occasionally show the correct body position for front crawl and backstroke and will attempt to turn my head to breath during frontcrawl. |
| **1-2** | I understand the start and finish rules and can use a basic backstroke start, this creates splash most of the time. | I can perform a basic front crawl and backstroke arm action, but this often creates splash and is not very streamlined. | I can perform a basic front crawl and backstroke kick with some success, but my legs often begin to sink because I lack power. | I understand the rules on turning but perform it rarely with the correct technique. | I understand the correct body position for front and back stroke but I struggle to maintain this position in the water. |

**Part 2 – Competitive Situation (15 Marks)**

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| **13-15** | * I show that I can effectively perform two different strokes over different distances to gain an advantage over other competitors. * I am able to sustain high level technique, accuracy and consistency in my performance |
| **10-12** | * I show that I can usually perform two different strokes over different distances to gain an advantage over other competitors * I am usually able to demonstrate high level technique, accuracy and consistency in my performance |
| **7-9** | * At times, I show that I can perform two different strokes to gain an advantage over other competitors * I am sometimes able to demonstrate correct technique and accuracy although I sometimes lack consistency in my performance |
| **4-6** | * At times, I show that I can perform two different strokes to gain an advantage over other competitors, but this is not very consistent. * I show some technique and accuracy in my performance, but there are obvious weaknesses. |
| **1-3** | * I show limited ability to perform in two strokes to gain an advantage over other competitors * I show limited technique in my performance, although it lacks accuracy and there are obvious weaknesses. |