

Swimming Strokes

(Candidates may only offer three from: Swimming Strokes, Water Polo, Synchronised Swimming, Personal Survival and Life Saving for the Full Course and one activity for the Short Course)

Skills

Knowledge and performance of three strokes from front crawl, back crawl, breast stroke and butterfly. All strokes to include starts, turns and finishes.

Candidates should be taught:

the rules for competition, and how to prepare for, and participate in, races in the various sprint, distance, medley and team events

to use **advanced** techniques and skills with precision and accuracy

to use **advanced** techniques and skills with control, power or stamina and technical efficiency.

General Performance Levels

9 - 10	<p>Performs one stroke with outstanding level of technique and performance.</p> <p><i>or</i></p> <p>Performs two strokes at a high level of technique and performance.</p> <p><i>or</i></p> <p>Performs three strokes at a very good level of technique and performance.</p>
7 - 8	<p>Performs one stroke at a high level of technique and performance and one stroke at a good level.</p> <p><i>or</i></p> <p>Performs two strokes with good technique and performance.</p>
5 - 6	<p>Performs one stroke with good level of technique and performance.</p> <p><i>or</i></p> <p>Performs two strokes with moderate levels of technique and performance.</p>
3 - 4	Performs one stroke with moderate technique and performance.
1 - 2	Performs one stroke with some evidence of technique or performance.

In deciding the final grade, a major factor is whether the candidate performs at the level with the required standard of technique **and** performance.

E.g. Level 7 - 8, if the candidate can demonstrate two strokes with good performance but not with good technique, she/he would be awarded 7 not 8.

N.B. Technique and performance must be maintained over 100m for a candidate to be marked in the 9 - 10 band.

Mark Band	Swimming Criteria
9 – 10	<p>The candidate demonstrates a consistently high level of technique that allows for the consistent application of skill in an appropriate competitive environment. Their level of technical efficiency and the use of advanced strategies will enable him/her to maintain his/her technique throughout the swim. The candidate performs one stroke with an outstanding level of technique and performance, or performs 2 strokes with a high level of technique or performs three strokes with a very good level of technique. The three best strokes are carried out very efficiently and at speed maintaining technique throughout the swim. Legal and very efficient starts and finishes are demonstrated in at least 3 strokes with an excellent underwater action gaining maximum advantage. Tumble turns are shown as appropriate and are legal, fast and efficient.</p>
7 – 8	<p>The candidate demonstrates a good level of technique that allows for the consistent application of skill in an appropriate competitive environment. His/her level of technical efficiency and the use of advanced strategies will enable him/her to maintain his/her technique throughout the major part of a 100 metre swim. He/she performs one stroke at a high level of technique and one stroke at a good level or performs 2 strokes with good technique. The 2 best strokes will be efficient in terms of technique, body position, breathing and timing, with the arm pull and leg kick being mechanically sound. The timing, especially in breaststroke, if offered will be correct. But the candidate may be let down by his/her 3rd stroke. Racing starts and finishes are shown in 3 strokes and are efficient, complying with the rules of competition with a good underwater action at the start and the turn. Tumble turns are shown as appropriate and are legal and efficient with some finesse.</p>
5 – 6	<p>The candidate demonstrates a sound level of technique that allows for a developing application of skill in an appropriate competitive environment. His/her level of technical efficiency and the use of basic strategies enables him/her to maintain his/her technique for part of a 100m swim but fatigue will become evident towards the end. He/she performs one stroke with a good level of technique or performs 2 strokes with a moderate level of technique.. The 2 better strokes will have a good body position and efficient breathing and timing, but the style and efficiency may deteriorate towards the completion of the swim. The candidate will lack speed at this level. He/she will offer a racing start in at least 2 strokes, but these are likely to lack speed and efficiency. He/she will demonstrate legal starts and finishes in the 2 strokes and throw-away turns are fast and legal. Tumble turns may be shown, but these will lack speed and efficiency.</p>
3 – 4	<p>The candidate demonstrates a moderate level of technique that allows for a limited application of skill in an appropriate environment. His/her level of technical efficiency and use of basic strategies will not enable him/her to maintain his/her technique throughout the swim and fatigue will become evident after a relatively short distance. He/she performs one stroke with moderate technique and will attempt two strokes but below a moderate level. His/her body position will be a little more streamlined and eg in front crawl breathing may be better for part of the swim, but will deteriorate towards the end. He/she will offer a racing start but at an elementary level and their finishes may break some competition rules. His/her turns are quicker and show a good drive from the side but tumble turns if offered, will be at a very modest level.</p>
1 - 2	<p>The candidate demonstrates a limited level of technique that allows for a very basic application of skill in an appropriate environment. His/her level of technical efficiency and the use of strategies results in a very inefficient level of technique. He/she performs one stroke with some evidence of technique and may attempt another stroke but with little evidence of technique. His/her body position and breathing are likely to be poor, eg hips low in the water and head permanently held high out of the water in the front crawl.. He/she does not offer a racing start and his/her finishes will be slow and inefficient. His/her turns are slow and show a poor technique with possibly illegal turns and no tumble turns are offered.</p>