



Student Name:

Unit Title: Swimming for Improvers

All Wales ref no: WE/MC/1/031/0019 Credit: 1 Level: 1

Key Learning Outcomes in Bold AC = Assessment Criteria		Evidence Reference	Assessment Method/Activity Key OB = Observation PJ = Project W = Written/Ques S = Simulation PD = Product/Prac APL = Prior exp SA = Self Ass: SUR = Surveys Pres = Presentation TC = Time Con
1.	<p>Enter and leave the pool safely in a number of different ways.</p> <p>1.1 Demonstrate proper use of steps – unaided</p> <p>1.2 Demonstrate entry from poolside without steps.</p>		
2.	<p>Have increased confidence in water.</p> <p>2.1 Submerging head completely with eyes open.</p> <p>2.2 Retrieving object from pool floor.</p> <p>2.3 Exhaling under water for minimum of 3 seconds.</p> <p>2.4 Ability to push off and glide through water whilst exhaling.</p> <p>2.5 Push off – glide and kick front and back.</p> <p>2.6 Sitting on pool floor.</p> <p>2.7 Moving through submerged hoop</p>		
3.	<p>Be able to swim a width (approx 10m) using a variety of strokes.</p> <p>3.1 Demonstrate ability to swim two different strokes.</p>		

4.	<p>Have an improved technique.</p> <p>4.1 Demonstrate appropriate body position</p> <p>4.2 Demonstrate combining arm and leg actions for full stroke in multi stroke methods.</p>		
5.	<p>Understand the techniques of breathing within the stroke.</p> <p>5.1 Demonstrate breathing techniques using different methods as appropriate to strokes.</p>		
6.	<p>Be aware of a variety of alternative strokes.</p> <p>6.1 Learner will have attempted such skills and "inverted breast stroke", side stroke, butterfly stroke, movement underwater.</p>		
7.	<p>Be introduced to deep water work.</p> <p>7.1 Learner will demonstrate treading water and similar safety procedures.</p>		

Signed studentdate.....

Signed tutor.....date.....