

SWIMMING ACTIVITIES AND WATER SAETY – Diving

Governing Body: Amateur Swimming Association
Crystal Palace National Sports Centre
Norwood, London SE19 2BB
Tel: 0208 776 9644

National Development Officer: Kim White
e-mail: kim.white@swimming.org

Standardisation

This will be carried out by the teacher in charge of AS/A2 Physical Education, to ensure levels of assessment for each candidate are comparable.

Safety Guidelines

Current British / UK text recommended by Kim White are:

Diving Development Guidelines	ASA Diving Development Office
Managing Health & Safety in Swimming Pools	Sport England and Health & Safety Commission

AS LEVEL (2564)

Assessment

The candidate is assessed on the ability to perform a six dive list off either the 1m, 3m or 5m board. This list is made up from the elements identified below with at least one from each section. All dives can be performed in the tuck, pike or straight position.

Forward rotation

- forward dive
- forward somersault
- forward one and a half somersaults

Inwards rotation

- backward jump with full arm-swing
- inward dive
- inward somersault
- inward one and a half somersaults

Backwards rotation

- backward dive
- backward somersault
- backward one and a half somersaults

Reverse rotation

- forward jump with full arm-swing
- reverse dive
- reverse somersault
- reverse one and a half somersaults

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases stated below:

- Take off
consistency in height
correct posture
control in the production of early movement
overall efficiency
- Shape
aesthetic quality
body posture/positioning
- Control
success in both the list of dives as a whole and the individual dives
- Entry
body posture
minimal splash
aesthetic quality
- Consistency
aesthetic quality
quality of the individual dives and the overall list of dives in relation to amplitude, timing and spatial awareness

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

Marks	Description
25 – 30	Candidate shows a very high level of acquired and developed skills that show a consistently high standard of accuracy, control, fluency and shape/form. There is successful selection and application of more advanced techniques where accuracy, control, fluency and shape remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of the differences in dive composition. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in selection and application of advanced dives in the lists. Under competitive pressure the level of technical accuracy, control, fluency and shape is normally good. The candidate shows good understanding of the perceptual requirements to perform and introduces a range of successful dives and compositional strategies. Performances in the conditioned competitive situations are very good and improvement has been such as to allow high standards of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired skill that allows for a sound standard of performances in the list of dives. There is a sound level of success in the selection and application of advanced dives in the list of dives and under competitive pressure accuracy, control, fluency and shape is reliable. The candidate is able to introduce and use sound lists of dives and compositional strategies to show an understanding of the performance requirements. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7 – 12	Candidate demonstrates an improving level of acquired and developed skills that allows an average level of performances in the list of dives. There is an attempt to select and apply advanced dives in the events and under competitive pressure accuracy, control, fluency and shape are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce a satisfactory compositional strategy. Performances in the conditioned competitive situations become more consistent and progress has allowed some learning and understanding.
0 – 6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performances. There is an attempt to select and apply advanced dives and under pressure there is a level of technical accuracy, control, fluency and shape. The candidate is able to incorporate some compositional strategies with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

A2 LEVEL (2567)

Assessment

The candidate is assessed on the ability to perform a six dive list. The following regulations apply:

- dives must be performed off the 1m, 3m, 5m, 7m or 10m board
- coaches can be used, but assistance during the dive detracts from the mark awarded
- the candidate must produce a written dive sheet prior to assessment and moderation
- no dives may be repeated

The first 3 dives must be made up of 1 dive from 2 of the groups 1-4 plus 1 from group 5.

1. Forward rotation

- forward dive
- forward somersault
- forward one and a half somersaults

2. Inward rotation

- inward dive

3. Backward rotation

- backward dive

4. Reverse rotation

- reverse dive

5. Twists

- backward dive with half twist
- backward somersault with half twist
- backward one and a half somersaults with half twist
- forward dive with half twist
- forward somersault with one twist
- forward one and a half somersaults with one twist

The last 3 dives must be made up of 1 dive from 2 of the groups 6-9 plus 1 from group 10.

6. Forward

- forward double somersault
- forward two and a half somersaults

7. Inwards

- inwards somersault
- inwards one and a half somersaults
- inward double somersault

8. Backwards

- backwards somersault
- backward one and a half somersaults
- backward two and a half somersaults

9. Reverse

- reverse somersault
- reverse one and half somersaults
- reverse two and a half somersaults

10. Twists

- backwards one and a half somersaults with one and a half twists
- reverse one and a half somersaults with half a twist

Variations on these can be attempted but successful performance rather than difficulty is the criterion. The level of success of the acquired and developed skill is measured through the movement phases stated below:

- Take off
consistency in height
correct posture
control in the production of early movement
overall efficiency
- Shape
aesthetic quality
body posture/positioning
- Control
success in both the list of dives as a whole and the individual dives
- Entry
body posture
minimal splash
aesthetic quality
- Consistency
aesthetic quality
quality of the individual dives and the overall lists of dives in relation amplitude, timing and spatial awareness

Marks	Description
25 – 30	<p>Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is the successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate has introduced strategies at a high level and demonstrated an understanding of tactics to outwit the opposition. Performance in the formal competitive situations have been excellent and progress has allowed them to achieve their performance based targets.</p> <p>An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.</p>
19 – 24	<p>Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduced a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations have been very good and improvement has been such as to allow a high standard of learning and understanding.</p> <p>A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.</p>
13 – 18	<p>Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations have been good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.</p>
7 –12	<p>Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the formal competitive situations have become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.</p>
0 -6	<p>Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate has been able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate swims occasionally in a team.</p>