

## **Select and apply advanced individual and team skills**

Candidates should perform in an activity situation and show an understanding of:

Swimming efficiently using 1, 2 or 3 different strokes (depending on ability) over distances of between 20m and 100m.

Efficient methods of starting in a swimming event in order to move into the swimming style smoothly.

The application of knowledge of swimming techniques in order to achieve maximum propulsion with minimum drag, and efficient breathing.

Efficient methods of turning to enable swimmer to move into swimming stroke quicker and smoother.

The application of swimming and training knowledge to improve power and efficiency in the water.

How to evaluate the quality of their own and others' individual skills and techniques and priorities actions which lead to improvement.

## **Evaluate and improve performance**

Candidates should be taught to evaluate and improve their performance. Details concerning the generic content of evaluating and improving performance can be found in Section 1, part 1.1.

## **Roles in the activity**

Candidates should be able to adopt a variety of roles in the activity. Examples of roles can be found in Section 1, part 1.1.

## **Rules of the activity and safety regulations**

Candidates should understand the role of rules and conventions in the activity, which can be found in Section 1, part 1.1.

How to seek help in the event of an accident and be aware of safety requirements.

## 2.6.4 Example of Applied Conditions in a Swimming Activity

Candidates are required, as part of their assessment, to perform effectively under applied conditions. The following are examples of tasks which could be used for this purpose in a swimming activity.

### Swimming Activity (Example) Swimming

#### Task 1

#### Purpose

#### Selecting and applying advanced skills, tactics, strategies and team skills

1. To demonstrate a detailed warm up session in preparation for taking part in a swimming competition.
2. To demonstrate an efficient method of starting in a swimming event in order to move into the swimming style smoothly.
3. To demonstrate the correct swimming technique in their chosen strokes in order to achieve maximum propulsion with minimum drag and efficient breathing.
4. To demonstrate an efficient, smooth method of turning and finishing in each of their chosen swimming strokes.

#### Rules

The demonstration of swimming events will take place under normal swimming (ASA) rules and regulations.

Candidates may be asked to swim shorter distances than they would normally swim but will be expected to demonstrate the correct swimming technique throughout.

#### Extensions and variations

Candidates may be asked to swim in a competitive race against other candidates.

Candidates may be asked to show various training/practice methods used in training in order to improve ability.

Candidates may be asked to act as an official during the swimming assessment.

## **Task 2**

### **Purpose**

#### **Selecting and applying advanced skills, tactics, strategies and team skills**

1. To demonstrate successful and effective use of swimming techniques over a distance of at least 50 metres.
2. To demonstrate the correct start, take over and finish in a relay team race. The race should be swam as a competitive event.

### **Rules**

The demonstration of swimming events will take place under normal swimming (ASA) rules and regulations.

Candidates may be asked to swim shorter distances than they would normally swim but will be expected to demonstrate the correct swimming technique throughout.

### **Extensions and variations**

Candidates may be asked to swim in a competitive race against other candidates.

Candidates may be asked to show various training/practice methods used in training in order to improve ability.

Candidates may be asked to act as an official during the swimming assessment.

## 2.6.5 Swimming Activity Area Criteria

Marks	Description
0 - 5	<p>Candidates should demonstrate under applied conditions:</p> <ul style="list-style-type: none"> <li>• The ability to swim one strokes sustaining form and effort over more than two lengths of a 20 m swimming pool;</li> <li>• The ability to show basic technique in a second stroke and show a small range of personal survival skills including surface diving, sculling for short periods of time and simple land based rescue techniques;</li> <li>• The ability to recognise the need for swimming and identify some of the exercises and activities used; with guidance pick out aspects of someone else's technique; with help identify things they need to practice to improve control and power;</li> <li>• The ability to co-operate with others and participate in the activity in specific roles in which they are comfortable;</li> <li>• Some understanding of the role of rules and conventions of the activity.</li> </ul>
6 - 10	<p>Candidates should demonstrate under applied conditions:</p> <ul style="list-style-type: none"> <li>• The ability to swim two strokes with control of legs and arms and breathing and sustain the effort and form over 50m.</li> <li>• The ability to perform a small range of personal survival and non-contact rescues using a small range of techniques, and recognise the need for different approaches to challenges and events;</li> <li>• The ability to recognise different areas of fitness required in swimming; describe, with help, aspects of techniques in their own and others' technique and suggest ways of improving performance;</li> <li>• The ability to plan with others and support them in various roles in assisting in small supervised competitions and small supervised practices;</li> <li>• a basic understanding of the role of rules and conventions of the activity.</li> </ul>
11 - 15	<p>Candidates should demonstrate under applied conditions:</p> <ul style="list-style-type: none"> <li>• the ability to swim two strokes with fluency and control using the correct arm and leg actions; breathe with control, start and turn efficiently for each stroke and sustain their form over a distance of 50m to 100m;</li> <li>• the ability to apply the principles of swimming and water skills to improve performance in swimming or personal survival or life saving;</li> <li>• the ability to identify fitness requirements in swimming; describe, with help, aspects of techniques in their own and others' techniques selecting aspects which need improving and take the initiative to improve their own performance;</li> <li>• the ability to carry out specific roles in a group or team effectively and show how to warm up and cool down effectively using own ideas;</li> <li>• a sound understanding of the role of rules and conventions of the activity.</li> </ul>
16 - 20	<p>Candidates should demonstrate under applied conditions:</p> <ul style="list-style-type: none"> <li>• the ability to swim with speed, power and control; co-ordinate legs, arm and breathing; show good body position in two strokes, sustaining form over longer races and events of between 50m to 100m;</li> <li>• the ability in swimming or personal survival or life saving to effectively use a wide range of techniques and strategies, and show a high degree of confidence and competence;</li> <li>• the ability to identify key aspects of fitness and devise preparation programmes which they monitor and adapt over time; take the initiative to analyse their own performance and put into place activities and exercises to improve their own performance;</li> <li>• the ability to show a good understanding of the need to warm up and cool down using a good range of ideas and carry them out thoroughly;</li> <li>• a detailed understanding of the role of rules and conventions of the activity.</li> </ul>
21 - 25	<p>Candidates should demonstrate under applied conditions:</p> <ul style="list-style-type: none"> <li>• the ability consistently to distinguish, select and apply advanced skills and techniques in three strokes to suit the event or activity showing a high level of power, fluency and control throughout the event over distances of 50m to 100m;</li> <li>• the ability to apply principles with proficiency and flair and to select and use a range of tactics and strategies to improve their own performance and to help a group or team to succeed in swimming or personal survival or life saving;</li> <li>• the ability to devise preparation programmes including technical, compositional and physical conditioning elements; identify the critical areas of fitness for themselves and the events; analyse their own and others' performance and decide on action to improve it, and monitor progress;</li> <li>• the ability to take a number of roles in a group or team and show some sound planning and leadership skills;</li> <li>• a thorough understanding of the role of rules and conventions of the activity.</li> </ul>