



Swimming – one stroke in one of the distances as listed in the criteria	Level 1 -Ineffective 1-5 marks	Level 2 – Basic 6-10 marks	Level 3 – Competent 11-15 marks	Level 4 – Good 16-20 marks	Level 5 - Very Good 21-25 marks
Skills used during the performance of event – ABCPRS/technical accuracy – start, during, finish/leg/arm action/breathing	Demonstrates an ineffective level of performance of skills, with little precision, control and fluency, as appropriate to the chosen stroke.	Demonstrates a basic level of performance of skills, with little precision, control and fluency, as appropriate to the chosen stroke.	Demonstrates a competent level of performance of skills, with some precision, control and fluency.	Demonstrates a good level of performance of skills, with good precision, control and fluency, as appropriate to the chosen stroke.	Demonstrates a very good level of performance of skills, with very good precision, control and fluency, as appropriate to the chosen stroke.
Quality of execution - body position/leg action/arm action/breathing/timing	Body position and breathing are likely to be poor, e.g. is low in the water and head permanently held high out of the water in the front crawl. The arm pulls and leg kicks are poor.	Body position is a little more streamlined and breathing may be basic for part of the swim, but will deteriorate towards the end of the swim and the full swim may not be completed. The arm pulls and leg kicks are inefficient.	Good body position and efficient breathing and timing, but the style and efficiency may deteriorate towards the end of the swim. The arm pulls and leg kicks are less than mechanically sound.	The stroke is good and efficient in terms of technique, body position, breathing and timing, with the arm pull and leg kick being mechanically sound throughout the swim. Timing, especially in the breast stroke, if offered, is correct.	The stroke is very good and efficient in terms of technique and performance, body position, breathing and timing, with the arm pull and leg kick being mechanically sound throughout the swim. Timing, especially in the breast stroke, if offered, is correct.
Technical efficiency and use of strategies – timing of breathing/pacing	The level of technical efficiency and the use of strategies results in a very inefficient and ineffective stroke technique and will deteriorate towards the end and the swim may not be completed.	The level of technical efficiency and use of basic strategies result in inability to maintain technique throughout the swim.	The level of technical efficiency and the use of basic strategies enable the student to maintain a competent technique for part of the swim but fatigue is evident towards the end of the swim.	The level of technical efficiency and the use of advanced strategies will enable the student to maintain their technique through most of the swim	The level of technical efficiency and the use of advanced strategies, enables the student to maintain a very good technique throughout the swim.
Decision making – eg knows when to turn during back stroke eg no of strokes from flags/how far to travel underwater after start &/or turn/use of racing starts	Does not offer a racing start and finishes are slow and inefficient	Racing starts made but at a basic level and finishes may break some competition rules, e.g. breast stroke.	Racing starts are likely to lack speed and efficiency.	Racing starts and finishes are efficient with a good underwater action at the start and turn.	Legal and very efficient starts, turns and finishes are demonstrated consistently well.
Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies	Turns are slow with ineffective technique and possibly illegal turns, e.g. in breast stroke and no tumble turns offered.	Turns are quick and show a good drive from the side but tumble turns, if offered are at a very modest level. Finishes may break some competition rules eg breast stroke	Demonstrates legal starts, turns and finishes and throwaway turns are fast and legal. Tumble turns may be shown and will be good, but lack speed and efficiency.	Tumble turns are shown as appropriate and are legal and efficient with some finesse.	Tumble turns are shown as appropriate and are always fast, legal and efficient.