

### 3.9.7 Swimming Activities

#### Competitive swimming

The candidate is assessed selecting and performing **one** acquired and developed skill from:

- front crawl
- back stroke
- breast stroke
- butterfly

**The candidate's one assessed stroke must be clearly indicated on the Assessment Sheet.**

There are two parts to the assessment:

- (a) Assessment is based on performance in a formal competitive situation where the candidate performs the acquired and developed skill under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- body position;
- leg action;
- arm action;
- breathing;
- overall efficiency.

These assessment phases are used in conjunction with the assessment criteria.

- (b) Assessment is based on the performance as measured against the performance assessment tables in Appendix A.

Each event is marked out of a total of 90 raw marks, calculated as follows:

critical assessment mark (out of 30) + performance assessment mark (out of 60) = mark for stroke.

The total mark for swimming is then calculated as follows:

$$\frac{\text{MARK FOR STROKE}}{3} = \text{TOTAL MARK FOR SWIMMING.}$$

**Activities: Swimming**

**Unit 2567**

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces strategies at a high level and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation <b>may</b> be an indicator of attainment of this high standard but assessment criteria <b>must</b> still be met.
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 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 shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
13-18	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 is 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 are 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 <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
7-12	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 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 <b>may</b> be an indicator of attainment of this standard but assessment criteria <b>must</b> still be met.
0-6	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 is 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.