

	Developing	Secure	Excellent
Technique (2.1)	I am able to swim but my technique is poor.	I am able to swim but my technique is weak and I sometimes get tired.	I am able to perform some swimming techniques accurately, but need help with the more difficult strokes.
Water safety (2.1)	I know why water safety is important in swimming. I understand basic water safety techniques and can perform some of them such as treading water, but I get tired easily.	I understand some water safety techniques and can perform them. I know why it is important to behave appropriately and sensibly around water.	I understand safety procedures.
Skills and tactics (2.2)	I know different types of fitness are needed for different events, but I have trouble adapting my skills.	I can adapt my skills and techniques to suit different events but I sometimes get it wrong.	I know which type of fitness is needed for each event. I can adapt my skills to cope with different events and techniques.
Physical capacity (2.3)	I am developing the physical capacity (ie speed, stamina, strength and flexibility) to cope with the demands of the activity.	I have limited physical capacity (ie speed, stamina, strength and flexibility) to cope with the demands of the activity.	One area of my physical capacity (ie speed, stamina, strength and flexibility) is developed to cope with the demands of the activity.
Mental capacity (2.3)	I have the confidence to have a go, but I avoid challenging situations.	I have the confidence to have a go and I can face challenging situations with help.	I am determined to succeed. I can deal with a few challenging situations, but I find it difficult to deal with my emotions.
Evaluation (2.4)	When I watch someone swim, I can see the things they are good at, but I do not use technical vocabulary.	When I watch someone swim, I can see the things they are good at. I try to use some technical vocabulary.	I can identify one strength and one weakness in my own performance as well as those of others. I can use some technical vocabulary.
Warming up and cooling down (2.5)	I can follow instructions for a warm-up and cool-down safely.	I can follow instructions for a warm-up and cool-down safely, and could probably do this myself.	I can design and lead a warm-up and cool-down session for a small group of people, suitable for swimming.
Healthy lifestyle (2.5)	I know that exercise is important for a healthy lifestyle, but have difficulty understanding why.	I understand the importance of exercise for a healthy lifestyle.	I can explain why exercise is important to my health and fitness.