

	Developing	Secure	Excellent
Technique (2.1)	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.	I am able to show a correct technique for each stage in the race, eg tumble turns and dives.
Water safety (2.1)	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.	I understand water safety and can explain some safety techniques to others.
Skills and tactics (2.2)	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.	My preparation before an event is thorough. I can pace my efforts effectively throughout an event. I understand the rules and tactics of different events.
Physical capacity (2.3)	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.	More than 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 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.	I am determined to succeed, I keep going in most challenging situations, and I can deal with my emotions most of the time.
Evaluation (2.4)	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.	I am able to compare a performer's technique to the correct model and identify similarities and differences.
Warming up and cooling down (2.5)	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.	I am able to lead a safe warm-up and cool-down, stretching the correct areas of the body for swimming.
Healthy lifestyle (2.5)	I understand the importance of exercise for a healthy lifestyle.	I can explain why exercise is important to my health and fitness.	I understand how swimming can benefit a person's health and fitness.