

Application of Skills – Swimming

4. Students apply effective skills with few, if any, observable errors in technique for the required elements and with the endurance necessary to successfully complete the criteria below:
 - Students demonstrate safely entering the deep water from the deck, and they continuously swim 250 yards using four specified strokes (e.g., front crawl, breaststroke, back crawl or elementary backstroke, side stroke). For the first 100 yards, each of the four specified strokes will be used for 25 yards and for the remaining 150 yards any combination of strokes can be used.
 - Students will demonstrate a tuck or pike surface dive in deep water, swim three body lengths underwater, surface and demonstrate treading water for 2 minutes using the rotary kick.
 - Students will don lifejackets, safely enter the deep water, and demonstrate the HELP position for 1 minute. Students will perform a rescue, towing a partner 25 yards to safety, and safely exit the pool.
3. Students apply effective skills for the required elements and with the endurance necessary to complete the criteria below:
 - Students demonstrate safely entering the deep water from the deck, and they continuously swim 100 yards using three of the four specified strokes (e.g., front crawl, back crawl or elementary backstroke, breaststroke, side stroke). For the first 75 yards, each of the three specified strokes will be used for 25 yards and for the remaining 25 yards, any combination of strokes can be used.
 - Students will demonstrate a tuck, pike, or feet-first surface dive in deep water and swim two body lengths underwater, surface and demonstrate treading water for 1 minute.
 - Students will don lifejackets, safely enter the deep water, demonstrate the HELP position for 1 minute, swim 15 yards, and safely exit the pool.
2. Students perform skills for the required elements and with the endurance necessary to complete the criteria below:
 - Students will safely enter the deep water and swim continuously for 50 yards using a prone combined stroke for 25 yards and a supine combined stroke for 25 yards.
 - Students will safely enter the deep water and demonstrate the following: treading water for 30 seconds, floating for 30 seconds, and swimming or bobbing to safety.
 - Students will don a lifejacket, enter the deep water, demonstrate the HELP position, and safely exit the pool.
1. Students perform skills for the required elements with the endurance necessary to complete the criteria below:
 - Students will enter the water and swim continuously for 25 yards using a combined stroke.
 - Students will demonstrate a supine float or glide and recover to a standing position in chest-deep water and bob 5 yards.
 - Students will don a lifejacket on deck, safely jump into chest-deep water, and demonstrate a supine float.

Personal Challenge, Decision Making, and Preparation

- Swimming -

4. Students demonstrate appropriate safe practices by following the school district operating and safety procedures with no observable errors and without hesitation.
3. Students demonstrate appropriate safe practices by following the school district operating and safety procedures, but with errors and/or hesitation.
2. Students demonstrate understanding of the general concepts of safe practices/procedures for the activity, but need reminders and/or assistance to apply them.
1. Students occasionally demonstrate understanding general concepts of safe practices/procedures and must rely on others for direction and/or supervision to apply them.

Application of Safety Procedures and Conventions of the Activity

- Swimming -

4. Students demonstrate appropriate safe practices by following the school district operating and safety procedures with no observable errors and without hesitation.
3. Students demonstrate appropriate safe practices by following the school district operating and safety procedures, but with errors and/or hesitation.
2. Students demonstrate understanding of the general concepts of safe practices/procedures for the activity, but need reminders and/or assistance to apply them.
1. Students occasionally demonstrate understanding general concepts of safe practices/procedures and must rely on others for direction and/or supervision to apply them.

Personal/Social Responsibility and Safety – Swimming

4. Students demonstrate appropriate activity behavior (e.g., cooperating with others, complimenting/encouraging classmates, preventing/resolving conflicts). Students participate energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Students appropriately challenge themselves and others to high levels of performance.
3. Students participate energetically and safely, demonstrating self-control and respect for others.
2. Students participate safely, demonstrating self-control and respect for others, but are inconsistent in energy.
1. Students lack self-control at times and/or need reminders and encouragement from others to participate in a safe, energetic and/or respectful manner.