

Moving through the water – Propulsion

Teacher resource

SKILLS TO BE ACHIEVED AT THE POOL

Students should understand that propulsion can be any form of movement through the water as long they move competently, confidently, and without struggling or stopping, for the required time or distance (or both).

1. Move 15m non-stop, using any form of propulsion

ASSESSMENT CRITERIA

Students are assessed as 'achieved' when they have achieved 15m competently and confidently using one or a mixture of ways of propelling themselves through the water. Students are assessed as 'not yet achieved' if they are learning ways of moving forward but have not reached 15m. Further growth of this skill can be stroke development.

2. Move through the water environments of all kinds (currents, waves, depth – in situ or simulated)

ASSESSMENT CRITERIA

Provide students with the opportunity to move in all types of water environments. Which environments to teach needs to be based on the appropriate age and stage of the student. Students are assessed as 'achieved' when they have experienced multiple types of water environments. Students are assessed as 'not yet achieved' if they have experienced a couple of environments.

3. *Move 50m and/or 3 minutes non-stop, confidently and competently – using any form of propulsion on their side, front, back, or a mixture*****

ASSESSMENT CRITERIA

Students are assessed as 'achieved' when they have achieved 50m competently and confidently using one or a mixture of ways of propelling themselves through the water on their side and/or front and/or back (note: they can be more energy efficient on their back). Students are assessed as 'not yet achieved' if they can move between 15m and 50m. Further growth of this skill can be stroke development.

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4. * Move 100m and/or 5 minutes non-stop, confidently and competently – using any form of propulsion on their side, front, back, or a mixture*****

ASSESSMENT CRITERIA

Students are assessed as 'achieved' when they have achieved 100m competently and confidently using one or a mixture of ways of propelling themselves through the water on their side and/or front and/or back (note: they can be more energy efficient on their back). Students are assessed as 'not yet achieved' if they can move between 50m and 100m. Further growth of this skill can be stroke development and increased distance.

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