

Rolling and turning in the water – Orientation

Teacher resource

SKILLS TO BE ACHIEVED AT THE POOL OR POOLSIDE

1. Horizontal rotation

Horizontal rotation is the rolling of the body from back to front and front to back.

ASSESSMENT CRITERIA

Students can be assessed as 'achieved' when they are confidently in control of their rolling movements. A slow count on front and back could be used. Further development of this skill could be done in different environments (e.g. currents, waves) as body movements are affected by water movement.

2. Horizontal to vertical rotation and vice versa

Horizontal to vertical rotation is the movement of body from a horizontal (front or back) to a vertical position.

ASSESSMENT CRITERIA

Student can be assessed as 'achieved' when the student can move from a horizontal (front or back) to a vertical position (for example, if they were moving from propelling themselves forward to treading water).

3. Vertical rotation (half rotation and full rotation) around the body's vertical axis

Vertical rotation is spinning around a vertical axis (for example, to look around while treading water). It is not a somersault.

ASSESSMENT CRITERIA

Skill can be assessed as 'achieved' when the student is vertical in the water and can spin around a vertical axis.



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