

National Unit Specification: General Information

UNIT	Sporting Activity - Swimming (Intermediate 2)
NUMBER	D690 11
COURSE	This is a free standing unit that may be used as part of a Scottish Group Award or be associated with other programmes of study in schools, colleges of further education or other centres.

SUMMARY

On successful completion of this unit, the candidate will be able to perform skilfully at a recreational level, explain the role of different rules and procedures, complete a relevant short term fitness programme and analyse the requirements of skilful performance in the sporting activity.

OUTCOMES

- 1 Perform skilfully in the sporting activity at a recreational level.
- 2 Explain the role of different rules and procedures in the sporting activity.
- 3 Complete a relevant short term training programme for the sporting activity.
- 4 Analyse the requirements of skilful performance in the sporting activity.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would find it advantageous to have attained one or more of the following:

- D60010 Sporting Activity – Swimming: (Intermediate 1)
- a General level award in Standard Grade Physical Education
- a unit, units or course in Physical Education at Intermediate 1
- other relevant prior experience in physical education, including experience outwith certificated courses.

CREDIT VALUE

1 credit at Intermediate 2.

Administrative Information

Superclass:	MC
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Version:	01

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CORE SKILLS

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

National unit specification: statement of standards

UNIT Sporting Activity - Swimming (Intermediate 2)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Perform skilfully in the sporting activity at a recreational level.

Performance Criteria

- a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.
- b) Appropriate decisions during performance are made in contexts that relate to a recreational level.
- c) Appropriate movement patterns during performance at a recreational level are used.

Evidence Requirements

Evidence should be generated through candidates' active participation that satisfies the three performance criteria.

The tutor should record evidence of performance, for example through a marked checklist or brief explanatory comment.

The tutor should record for performance criterion (a) the essential elements that are required in a minimum of six relevant techniques.

The tutor should record for performance criteria (b) and (c), the decisions in context and movement patterns that are required at an recreational level.

OUTCOME 2

Explain the role of different rules and procedures in the sporting activity.

Performance Criteria

- a) Explain the purpose of the major rules that define performance in the sporting activity.
- b) Explain the purpose of the major procedures that define performance in the sporting activity.
- c) Explain the purpose of appropriate sporting behaviour in enhancing participation in the sporting activity.

Evidence Requirements

Oral or written evidence that explains the purpose of six major rules and procedures and three examples of sporting behaviour that enhances participation in the sporting activity.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

National unit specification: statement of standards (cont)

UNIT Sporting Activity - Swimming (Intermediate 2)

OUTCOME 3

Complete a relevant short term training programme for the sporting activity.

Performance Criteria

- a) Relevant fitness factors are correctly chosen for the sporting activity.
- b) Appropriate training programmes for improving physical fitness in the sporting activity are described.
- c) Information is recorded about fitness development.
- d) A short term training programme is completed.
- e) The effects of the fitness programme on performance are discussed.

Evidence Requirements

Oral or written evidence that correctly shows how relevant physical fitness factors and an appropriate training programme were chosen for the sporting activity.

The tutor should record evidence of oral responses for performance criteria (a) and (b), for example through a marked checklist or brief explanatory comment.

For performance criterion (c) information is required to be recorded by candidates about their fitness development. This could be in the form of a training diary, video clips, computer data or a personal evaluation of fitness development. This should be confirmed by the tutor.

For performance criterion (d) candidates will be required to complete a minimum of three fitness sessions.

For performance criterion (e) the effectiveness of the short term training programme should be discussed. The analysis of the training programme should use the information collected in performance criterion (c) combined with the candidates' judgements about the training programme through completing the fitness sessions. The effectiveness of the short term training programme as part of a longer term programme should be discussed.

The tutor should record evidence of performance for performance criteria (d) and (e), for example through a marked checklist or brief explanatory comment.

OUTCOME 4

Analyse the requirements of skilful performance in the sporting activity.

Performance Criteria

- a) Key features of skilful performance are correctly explained for the sporting activity.
- b) Suggestions for improving the key features of skilful performance are accurate for the sporting activity.

National unit specification: statement of standards (cont)

UNIT Sporting Activity - Swimming (Intermediate 2)

Evidence Requirements

Oral or written evidence that correctly explains the key features of skilful performance in the sporting activity and suggestions for improving them. These keys features should be used for suggesting improvements to performance.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

National unit specification: support notes

UNIT Sporting Activity - Swimming (Intermediate 2)

This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

GUIDANCE ON CONTENT AND CONTEXT

Candidates will develop their performance at a recreational level in a single activity. Consideration should be given to candidates' interest, motivation and expertise and the centre's available facilities and resources. The development of performance and applying the principal rules of the activity should take place in practical contexts. Likewise the specific value of different fitness factors and techniques within the selected activity should take place in practical contexts.

This unit refers to the term 'skill' as being able to be performed or applied. Techniques are demonstrated within skilful performance contexts. Hence in outcome 1 the term used is 'perform skilfully' whilst the performance criterion refers to 'techniques appropriate to a recreational level'.

The term 'recreational' is used to refer to candidates who are further developing their performance within a sporting activity and who are able to perform with greater overall consistency.

GUIDANCE ON TEACHING AND LEARNING APPROACHES

Candidates should learn in familiar contexts which provide opportunities to work individually, with a partner and in groups when practising techniques that are relevant to developing skill at a recreational level. Candidates should be provided with accurate and appropriate feedback that is relevant to their development. Regular practice opportunities should be provided in order to develop technique and improve performance standards.

The tutor should involve candidates in a range of practical contexts that are relevant to developing an activity specific understanding of developing performance and applying rules correctly when performing. These practical contexts should also be relevant for explaining key aspects of fitness and the nature of the techniques required for developing skill at a recreational level. A variety of methods for recording information about performance should be included by the tutor in the practical opportunities offered to candidates.

The nature and demands of the training programme will vary in accordance with different activities. A minimum of three fitness sessions is stated in outcome 3 in order to allow the effects of the fitness programme on performance to be discussed.

National unit specification: support notes (cont)

UNIT Sporting Activity - Swimming (Intermediate 2)

GUIDANCE ON APPROACHES TO ASSESSMENT

Candidates should demonstrate their competence in practical situations and should be assessed when they are ready. Opportunities for re-assessment are available throughout this unit. Evidence for assessment should arise naturally from the range of tutor-led situations in which candidates are engaged, and should be recorded by the tutor as appropriate. Sufficient evidence requires to be provided to indicate that all outcomes and performance criteria have been met within any range specified. While a variety of assessment instruments is available, the tutor is encouraged to adopt an integrated approach to assessment in the unit.

Sporting Activity Units

Performance Exemplification

Notes for Guidance and Interpretation:

The purpose of these exemplifications is to add definition about performance qualities required at different levels within the sporting activity units. The standards described for sporting activity units equate with the standards described in the performance units within Physical Education at the five different levels within Higher Still. The evidence generated for the sporting activity units could be utilised as evidence towards achieving units of Higher Still courses in Physical Education.

The rationale used for describing performance is that the sporting activity units are performance driven. As such it is the whole view of performance that is described. This is in preference to a technique specific model of performance with only the associated movement patterns that accompany the techniques being described. This is considered to have limitations as a model of whole performance. Instead a model that describes in a more detailed way the demands, environments and practical contexts that candidates would typically be working in is offered. As such terms like 'perform skilfully' are used. Techniques are demonstrated through being selected, developed and refined in building towards performing in skilful contexts.

These definitions of performance contexts relate to outcome 1 in each unit. Following this, the definition of performance is specified according to the detail of each of the performance criteria at each level. This allows a description of the competences required within each performance criterion.

The performance qualities described are an exemplification of the performance standards associated with the different levels. They are issued as guidance for practitioners in delivering these units. They attempt to show a clear logical exemplification of standard as well as how progression could feasibly occur between different levels. The described qualities are not prescribed mandatory requirements that each candidate must exactly match. Instead the qualities described aim to paint a picture of the performance level required and, crucially, an insight into the context and demands that candidates are likely to be working in.

SWIMMING

Sporting Activities: An Introduction (Access 3)- Outcome 1 'Perform skilfully in three different activities at a novice level'

<p>PC(a) Techniques appropriate to a novice level are performed skilfully in each of the three different sporting activities.</p>		<p>PC(b) Relevant rules and procedures are adhered to during participation in the three activities.</p>
<p>For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three important factors of:</p> <ul style="list-style-type: none"> i, number of different swimming techniques required; ii, ability to sustain performance over particular distances; iii, ability to swim techniques at a certain speed; <p>will be addressed in the descriptions of performance at each level.</p>	<p>In both crawl strokes the arm action will be simultaneous and continuous but may appear rather straight on entry and lack a phased pull. Entry will often result in splashing and recovery will be inefficient without a high elbow in front crawl. In back crawl the participant may through lack of flexibility and limited technique find it difficult to circle the arms close enough to the side of the head in recovery.</p> <p>In front crawl breathing will often be erratic exhalation and inhalation occurring with the raised and resultant loss of momentum. The timing in front crawl often lacks co-ordination, sometimes appearing</p>	<p>At this level the participant should be able to follow relevant rules and procedures that allow them to learn and develop their swimming potential.</p> <p>They should be aware of general swimming safety rules and those specific procedures that apply to using the pool they are learning to swim in. Their performance and behaviour should be of their respect and understanding of these rules.</p> <p>They should respect other pool users at all times, both within and outside their group.</p>

<p>PC(a) Techniques appropriate to a novice level are performed skilfully in each of the three different sporting activities.</p>	<p>PC(b) Relevant rules and procedures are adhered to during participation in the three activities.</p>	
<p>The participant should be competent in a few of the key elements of two of the identified strokes. The key elements of the stroke are body position, leg action, arm action, breathing and timing.</p> <p>At this level there are no speed demands. The participant should be able to swim approximately 25m prior to the onset of fatigue and stroke deterioration.</p> <p>At this level there will be improvements needed in control and fluency in some of the key elements of the stroke. For example in front crawl and back crawl through improving the body position to ensure greater streamlining. In front crawl the body will often be over inclined from head to feet. The head will often be held high to accommodate breathing or held very low with water going right over to the upper back. These weaknesses result in poor overall technique and often an overly physical response from the participant. In back crawl the participant may often appear to sit in the water out of poor water confidence.</p>	<p>reasonable until the participant has to breathe when rapid deterioration control occurs.</p> <p>In breaststroke the broad outline of the stroke should be recognisable. There will be need though for improvements in the overall efficiency of the stroke most notably through more effective leg and arm action. Often the leg action will suffer from a screw kick and the arm action will often be quite wide with of loss of an effective pull in the action. Breathing will occur but not always within the strict pull, breath, kick phasing of the stroke.</p> <p>Butterfly is unlikely to be one of the attempted strokes used at this level. If it is a broad approximation of the whole stroke should be evident with a simultaneous arm cycle and leg movements.</p>	<p>They should be aware of the importance of simple procedures that support safe swimming such as pool signals and evacuation procedures.</p>

<p>PC(a) Techniques appropriate to a novice level are performed skilfully in each of the three different sporting activities.</p>	<p>PC(b) Relevant rules and procedures are adhered to during participation in the three activities.</p>
<p>A flatter body position with head held in line with the body and eyes looking upwards and forwards is required. In both crawl strokes the leg action may be over exaggerated with too much knee bend. This may lead to added resistance being created by the participant.</p>	<p>For all strokes starts will often be in the water. A glide should be evident although entry into the swim often occurs too soon and results in a loss of momentum. Inconsistency in some of the key elements of the stroke often results in the finish being misjudged and e.g in breaststroke one handed.</p> <p>The participant at this level should be able to use floats for part swimming of different strokes to enhance performance. For example using arm floats to concentrate on leg action only and alternately through using leg floats to concentrate on arm actions only.</p>

SWIMMING

Sporting Activity (Intermediate 1) - Outcome 1 'Perform skilfully in the sporting activity at an introductory level'

<p>PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.</p>		<p>PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.</p>	<p>PC(c) Appropriate movement patterns during performance at an introductory level are used.</p>
<p>For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which the participants are required to complete these strokes regard to the three important factors of:</p>	<p>Starts, if pool depth allows, should be appropriate to stroke and are usually dynamic with forward momentum developed from a balanced, set position into the flight. The flight trajectory may be inconsistent resulting in a poor entry and glide phase. A smooth entry into the swim is usually evident although there may be some loss of momentum.</p>	<p>At this level the participant should be able to demonstrate efficient technique and proficient performance in two strokes and developing competence in one other.</p> <p>The performance of each stroke should be in demanding contexts where the key elements of each stroke are required to be sustained for success.</p> <p>These should be against performers of similar ability over various distances from 25m to 50m given that the greater the distance and speed the more demanding the performance becomes.</p>	<p>At this level control and fluency will be evident in some of the key elements in the two main strokes but may be limited in a third stroke.</p> <p>Control and fluency in front crawl and back crawl is developing through improving body position to ensure greater streamlining. In front crawl the body will still occasionally be over inclined from head to feet.</p>

<p>PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.</p>		<p>PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.</p>	<p>PC(c) Appropriate movement patterns during performance at an introductory level are used.</p>
<p>i, number of different swimming techniques required; ii, ability to sustain performance over particular distances; iii, ability to swim techniques at a certain speed; will be addressed in the descriptions of performance at each level.</p> <p>The participant should be competent in a some of the key elements of two of the identified strokes and being able to make some attempt the other strokes. The key elements of the stroke are body position, leg action, arm action, breathing and timing.</p> <p>At this level there are few speed demands. The participant should be able to swim approximately 50m prior to the onset of fatigue and stroke deterioration.</p>	<p>Stroke rhythm begins to become inconsistent as the participant anticipates the turn. A controlled finish is usually evident although the participant can loose form over last ten metres or slow down as they anticipate the finish. Participants at this level should be able to use floats for part swimming of different stokes to enhance performance, for example, using arm floats to concentrate on leg action only and alternately through using leg floats to concentrate on arm actions only.</p>	<p>The participant should be able to make some decisions in whole performance. For example swimming at a consistent speed over 50m.</p>	<p>The head will often be held high to accommodate breathing or held very low. These weaknesses often result in an overly physical response from the participant. In back crawl a flatter body position with head held in line with the body and eyes looking upwards and forwards is required. In both crawl strokes the leg action may be exaggerated with too much knee bend. This may lead to resistance being created by the participant.</p> <p>In both crawl strokes the arm action will be simultaneous continuous but may appear rather straight on entry and lack a phased pull. Entry will often result in splashing recovery will be inefficient without a high elbow in front crawl.</p>

<p>PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.</p>		<p>PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.</p>	<p>PC(c) Appropriate movement patterns during performance at an introductory level are used.</p>
			<p>In back crawl the participant may, through lack of flexibility and limited technique, find it difficult to circle the arms close enough to the side of the head in recovery.</p> <p>In front crawl breathing will often be erratic exhalation and inhalation occurring with the head r and resultant loss of momentum. The timing in front crawl often lacks co-ordination.</p>

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			<p>In breaststroke the body position may be over inclined from head to feet resulting in a loss of streamlining. There will be need though for improvements in the overall efficiency of the stroke through more effective leg and arm action. Often the leg action may lack power possibly as the result of one or more feet being turned in to engage the water with the top of the foot (screw kick). Arm action will be simultaneous on the same horizontal plane and consist of an outstroke, downstroke and instroke phase.</p>

<p>PC(a) Techniques appropriate to an introductory level are skilfully in the sporting activity with occasional consistency.</p>	<p>PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.</p>	<p>PC(c) Appropriate movement patterns during performance at an introductory level are used.</p>
		<p>although there may be some over exaggeration of one or more of these phases. Recovery should involve dropping of the elbows and tucking them into the sides before the hands move forward to full recovery. Breathing exhalation should occur during the recovery and inhalation as the hands come under the chin. Timing shows some lack of co-ordination which may be evident in a jerky stroke.</p> <p>Butterfly is unlikely to be one of the strokes used at this level. If it is a broad approximation of the whole stroke should evident with a simultaneous arm cycle and leg movements with reasonable propulsion occurring.</p>

SWIMMING

Sporting Activity (Intermediate 2) - Outcome 1 'Perform skilfully in the sporting activity at a recreational level'

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
<p>For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which participants are required to complete these strokes with regard to the three important factors of:</p> <ul style="list-style-type: none"> i, number of different swimming techniques required; ii, ability to sustain performance over particular distances; iii, ability to swim techniques at a certain speed; will be addressed in the descriptions of performance at each level. 	<p>Starts should be appropriate to stroke and are generally dynamic with forward momentum developed from a balanced, set position into the flight, entry and glide phase with a smooth entry into the swim usually without loss of momentum.</p> <p>Stroke rhythm is generally maintained up to entry into the turn. There may be some loss of momentum as body enters pike or tuck phase. Rotation is usually fast although may be some misjudgement of distance to the wall resulting in a drive. As the body opens out and extends into the glide phase there may be occasional lack of directional control.</p>	<p>At this level the participant should be able to demonstrate efficient technique and proficient performance in three strokes and developing competence in the other one.</p> <p>The performance of each stroke should be in demanding contexts where the key elements of each stroke are required to be sustained for success. These should be against performers of similar ability over varied distances up to 80m.</p> <p>Participants should be able to make some relevant decisions in whole performance.</p> <p>For example swimming at a consistent speed over 80m.</p>	<p>At this level control and fluency will be evident in most of the key elements of three of the identified strokes and being able to make some attempt at the other stroke. However there may be some inconsistency especially in more demanding contexts such as during the last 20m of a 80m swim.</p> <p>Control and fluency in front crawl back crawl is becoming refined. body position is streamlined. In crawl strokes the leg action occasionally be exaggerated with too much knee bend. This may to resistance being by the participant</p>

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
<p>The participant should be competent in most of the key elements of three of the identified strokes and being able to make some attempt at the stroke.</p> <p>The key elements of the stroke are position, leg action, arm action, breathing and timing.</p> <p>At this level there are few speed demands, although reasonably sustained swimming should be evident over shorter distances. Participants should be able to swim approximately 80m prior to the onset of fatigue and stroke deterioration.</p>	<p>A controlled finish is usually evident with participant maintaining form over last ten metres to extended touch as appropriate to stroke.</p>	<p>In both crawl strokes the arm action will be simultaneous continuous but may appear rather straight on entry and lack a phased pull. In back crawl the arm action is continuous but may be windmill like with a straight arm pull phase and a tendency to be bent on recovery resulting poor entry position and shortened pull. Stroke may appear cumbersome and uneconomical as length of swim increases. In front crawl turning rather than lifting of the head.</p>

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
		<p>In breaststroke the body position is streamlined. The leg should be continuous with flexion and extension and a definite push/drive phase in the kick. Arm action will be simultaneous on the horizontal plane and consist of an outswEEP, downswEEP and inswEEP phase although there be some lack of overall control. Recovery should involve dropping of the elbows and tucking them into the sides before the hands move forward to full reco</p>

<p>PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.</p>	<p>PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.</p>	<p>PC(c) Appropriate movement patterns during performance at a recreational level are used.</p>	
			<p>Breathing exhalation should occur during the recovery and inhalation as the hands come under the chin. Timing shows some lack of co-ordination which may result in a jerky stroke.</p> <p>Butterfly may well be one of the strokes used at this level. Leg action is simultaneous and continuous kicking upwards and downwards. Action begins at hips as legs begin up beat. As the legs rise to the surface knees bend as hips drop slightly below surface. Arm action is simultaneous and continuous.</p>

<p>PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.</p>		<p>PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.</p>	<p>PC(c) Appropriate movement patterns during performance at a recreational level are used.</p>
			<p>Breathing occurs as the arms finish the propulsive phase and begin to recover and the head is out of the water. This is done through lifting the head at this stage. There is likely to be irregular leg to arm beats at this stage.</p>

SWIMMING

Sporting Activity (Higher) - Outcome 1 'Refine performance in the sporting activity in demanding contexts'

PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.		PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.	PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.
For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly and Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three important factors of: i, number of different swim techniques required ii, ability to sustain performance particular distances; iii, ability to swim a techniques certain speed; will be addressed in the descriptions of performance at each level.	Starts should be appropriate to stroke and be dynamic with forward momentum developed from a balanced, set position into the flight, entry and glide phase with a smooth entry into the swim without any loss of momentum. Stroke rhythm should be maintained up to entry into the turn. There should be little loss of momentum as body enters pike or tuck phase. Rotation should be fast and close to the wall to utilise a strong drive off the wall as the body opens out and extends into the glide phase with little pause.	At this level the participant should be able to demonstrate efficient technique and proficient performance in three strokes and developing competence in the other one. The performance of each stroke should be in demanding contexts where the key elements of stroke are required to be sustained for success. These should be against performers of similar ability over distances from 50m, 100m to 160m or extended swim.	At this level the three strokes should show a high level of control and fluency and being able to make an effective attempt at the other stroke. However there may be some inconsistency especially in more demanding contexts such as during the last 20m of a 100m swim. Control and fluency in front crawl back crawl is becoming refined The body position is streamlined and almost horizontal with a slight incline down to the hips. Leg action is alternating and continuous, balancing the movements of the arms.

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.</p>
<p>The participant should be competent in all of the key elements of three of the identified strokes and being able to make an effective attempt at the other stroke. The key elements of the stroke are body position, leg action, arm action, breathing and timing.</p> <p>At this level there are speed demands, reasonably sustained sprint swimming should be evident over shorter distances up to 80m.</p> <p>The participant should be able to swim approximately 100 - 160m prior to the onset of fatigue and stroke deterioration.</p>	<p>A controlled finish should be evident with participant maintaining form over last ten metres, accelerated leg action and head down to extended touch as appropriate to stroke.</p>	<p>The participant should be able to make some relevant decisions in whole performance. For example swimming at a consistent speed over 100m.</p>	<p>Initiated from the hip with long legs and slight bend at knee, relaxed ankles with toes pointed. Timing appropriate to participant and distance. Arm action alternating and continuous. In back crawl entry hand with palm facing outwards between shoulder and head with arm slightly flexed at elbow in over the barrel position. Smooth arm pull in motion to recovery with elbow in leading followed by hand. Breathing fits in with the stroke pattern and should be regular, controlled and if necessary bilateral. The timing should be smooth, balanced and should constant effective propulsion with no unnecessary resistance.</p>

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.</p>
			<p>In breaststroke the body position is streamlined. The leg should be continuous with ankle flexion and extension and a definite push/drive phase in the kick. Arm action will be simultaneous on the horizontal plane and consist of a strong pull phase with effective overall control. Recovery should involve dropping elbows and tucking them into the sides before the hands move forward to full recovery. Breathing exhalation should occur during the recovery and inhalation as the hands come under the chin. Timing shows some effective co-ordination.</p>

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>	<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.</p>	<p>PC(c) Control and fluency demonstrated in refining performance in demanding contexts.</p>	
			<p>Butterfly may well be one of the strokes used at this level. Leg action is simultaneous and continuous kicking upwards and downwards. Action begins at hips as legs begin up beat. As the legs rise to the surface knees bend as hips drop slightly below surface. Arm action is simultaneous and continuous with a definite strong angled pull from a catch position. Breathing occurs as the arms finish the propulsive phase and begin to recover and the head is out of the water.</p> <p>This is done through part lifting the head and part forcing the chin forward at this stage.</p>

SWIMMING

Sporting Activity (Advanced Higher) - Outcome 1 'Refine performance skilfully in the selected activity in increasingly demanding contexts'

PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.		PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.	PC(c) Control and fluency demonstrated in performance in increasingly demanding contexts.
For all swimming strokes the recognised techniques are Front crawl, Back crawl, Butterfly Breaststroke accompanied by relevant starts and finishes. The extent to which the participant is required to complete these strokes with regard to the three important factors of: i number of different swimming techniques required; ii ability to sustain performance particular distances; iii ability to swim techniques at a certain speed; will be addressed in the descriptions of performance at level.	Starts should be appropriate to stroke and be dynamic with forward momentum developed from a balanced, set position into the flight, entry and glide phase with a smooth entry into the swim without any loss of momentum. Stroke rhythm should be maintained up to entry into the turn. There should be no loss of momentum as body enters pike or tuck phase. Rotation should be fast and close to the wall to utilise a strong drive off the wall as the body opens out and extends into the glide phase without any pause.	At this level the participant should be able to demonstrate efficient technique and proficient performance in three strokes and competence in the other one. The performance of each stroke should be in demanding contexts. These should be against performers of similar ability over varied distances from 50m, 100m to 200m individual medley or an extended swim. For these performances the participants should be able to make relevant decisions that compliment and enhance their overall performance.	At this level three strokes should show a high level of control and fluency and being able to develop a high level of control and fluency in the other. There should be very little inconsistency even in demanding contexts such as during the last 40m of a 200m swim. Control and fluency in front crawl and back crawl is refined. The body position is streamlined and almost horizontal with a slight incline down to the hips. Leg action is alternating and continuous, balancing the movements of the arms.

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<p>The participant should be competent in all of the key elements of three of the identified strokes and being able to make an effective attempt at the other stroke. The key elements of the stroke are body position, leg action, arm action, breathing and timing. At this level are speed demands, reasonably sustained sprint swimming should be evident over shorter distances up to 100m. Participants should be able to swim approximately 200m prior to the onset of fatigue and stroke deterioration.</p>	<p>A controlled finish should be evident with the participant maintaining form over last ten metres, accelerated leg action and head down to extended touch as appropriate to stroke.</p>		<p>Initiated from the hip with long legs and slight bend at knee, relaxed ankles with toes pointed. Timing appropriate participant and distance.</p> <p>Arm action alternating and continuous. In back crawl entry hand with palm facing outwards between shoulder and head with arm slightly flexed at elbow in over the barrel position. Smooth arm pull in motion to recovery with elbow leading followed by hand. Breathing should be regular, controlled and if necessary bilateral. The timing should be smooth, balanced and should have constant propulsion.</p>

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			<p>In breaststroke the body position is streamlined. The leg should be continuous with ankle flexion and extension and a definite push/drive phase in the kick. Arm action will be simultaneous on the same horizontal plane and consist of a strong pull phase with effective overall control.</p>

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			<p>Recovery should involve dropping of the elbows and tuck them into the sides before the hands move forward to full recovery. Breathing exhalation occurs during the recovery and inhalation as the hands come under the chin. Timing shows effective co-ordination.</p> <p>In butterfly the body is streamlined and horizontal although this alters as body undulates in dolphin pattern from head to toe. Leg action is simultaneous and continuous kicking upwards and downwards. Action begins at hips as legs begin up beat.</p>

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		<p>As the legs rise to the surface knees bend as hips drop slightly below surface. The feet then whip down in a deep kick allowing hips to rise again.</p> <p>Arm action is simultaneous and continuous with the hands tracing a keyhole shape as they outwards, downwards, inwards and finally upwards and outwards leaving the water by the thighs for recovery over the water. Breathing occurs as the finish the propulsive phase and being to recover and the head is out of the water. This is done by pushing the chin forward rather than lifting the head. There are usually two kicks to each cycle.</p>