

## Unit 6: Assessment

**LEARNING  
OUTCOMES****The student will:**

- demonstrate 2 entry techniques
- propel themselves in the water (up to 25m)
- perform rescue and survival skills.

**EQUIPMENT**

Assessment sheet and names, choice of aids.

**CLASS ORGANISATION**

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	Entry methods	<p>Cross pool using any method (except walking). Stretch. See game resource material for games ideas.</p> <p>Students demonstrate 2 safe methods of entering the pool.</p>	<p>Use stretches from previous lesson</p> <p>Choice from entries appropriate to level at which student participated</p>
Assessment	<p>Propulsion</p> <p>Survival skills</p>	<p>Using assessment sheet included:</p> <p>L1: Move across pool</p> <p>L2 : Front crawl and back crawl</p> <p>L3: Technique assessment</p> <p><b>Demonstrate:</b> One survival skill — Signal — H.E.L.P. — Mushroom Float — Treading water</p> <p>Rescue Skill — Talk — Reach — Throw</p> <p>Rescuers on deck</p>	<p>Criteria</p> <p>L1: How far is travelled without stop? (limit 25m)</p> <p>L2 &amp; L3: Observe stroke technique (including breathing)</p> <p>Use incident/scenario approach. Evaluate response in terms of decision making and techniques</p> <ul style="list-style-type: none"> <li>• Rescuers must select appropriate method of rescue for relevant subject</li> <li>• Have choice of aids available</li> <li>• Demonstrate awareness of safety</li> </ul> <p>Sample scenarios:</p> <ul style="list-style-type: none"> <li>• Buddy has injured arm</li> <li>• Tired swimmer</li> <li>• Panicked swimmer</li> <li>• Cramped swimmer</li> </ul>