



## Amateur Swimming Association National Teaching Plan Level 1 Progress Report

### Course Information

<i>Teacher</i>	Luci Morrish
<i>Class</i>	Level 1
<i>Day</i>	Monday
<i>Time</i>	12:00 PM
<i>Term</i>	Spring 08

### Note

To complete National Teaching Plan Level 1 Sian must pass 8 out of 10 aspects of the award.

### Result

#### Skill Development

Enter the water confidently and unaided using a swivel entry.	<i>Passed</i>
Put face in the water and blow bubbles for 5 seconds.	<i>Passed</i>
Bob up and down to fully submerge the head - repeat 6 times continuously.	<i>Good</i>
Move freely around the pool using a combination of hop, jump, skip etc.	<i>Passed</i>
Open eyes under water and identify an object selected by the teacher.	

#### Stroke Development

Travel 5 metres using a alternating kicking action with a float(s).	<i>Passed</i>
Travel 5 metres using a simultaneous kicking action with a float(s).	<i>Passed</i>
Standing with arms in the water stretched in front of the shoulders, show an underwater alternating arm action.	<i>Passed</i>
Standing with arms in the water stretched in front of the shoulders, show an underwater simultaneous arm action.	<i>Good</i>
Achieve a horizontal position on the back with float(s).	<i>Passed</i>

### Teachers Comments

Sian is a great little swimmer, I look forward to teaching her next term. We can work on getting those eyes open and bobbing up and down. Remember to practice blowing those bubbles too!