Amateur Swimming Association - National Teaching Plan Level 5

Course Number: *0*
Term: *Spring 2008*

Christian name: *Richard Morrish*
Class: *ASA Level 5*
Day: *Monday*
Time: *04:10 PM*

	Ben Bacon	Alistair Brown	Owen Crowns	Alex Frazier	Callum Gilfield	Cameron James	Amie Jones	Finley Lord	Zack Pine	
Three different Jumps, entering feet first and showing control in flight and on landing (minimum depth 0.9m).	Fair	Passed	Passed	Passed	Passed	Good	Passed	Passed	Good	
A mushroom float for 10 seconds.	Passed	Passed	Passed	Passed	Passed	Passed	Passed	Passed	Passed	
On the back and using two feet push from the wall into a streamlined position and hold stretched position arms overhead in line with the body for a minimum of 5 secs.	Fair	Passed	Passed	Passed	Passed	Fair	Passed	Passed	Good	
In water of at least shoulder depth, tread water for 10 seconds.		Passed	Passed	Passed	Passed	Good	Passed	Passed	Passed	
Scull head first, on the back, for a distance of 5 meters.	Fair	Passed	Passed	Passed	Passed	Fair	Passed	Passed	Passed	
From a horizontal, flat stretched log roll position (face in water) rotate through 360 deg and regain the standing position.	Fair	Passed	Passed	Passed	Passed	Good	Passed	Passed	Good	
Kick 10 metres using a front crawl leg action, with hands held still out in front.	Good	Good	Passed	Passed	Passed	Good	Passed	Passed	Passed	
Kick 10 metres using a breaststroke leg action with or without a float.	Fair	Good	Passed	Passed	Passed	Fair	Passed	Passed	Good	
Kick 10 metres using a back crawl leg action, without a float, with arms extended overhead, hands together.	Fair	Passed	Passed	Passed	Passed	Fair	Passed	Passed	Passed	
Travel 5 metres on front using arms and legs, rotate horizontally, and continue for 5 metres on the back using legs and arms.	Passed	Passed	Passed	Passed	Passed	Good	Passed	Passed	Passed	

There are numerous stages on the way to achieving competence in the performance of skills. In order to be considered competent in a skill the swimmer should be able to perform the skill with consistent reliability. The key below is designed to help denote competence:

Fair	Has not achieved the standard required
Good	Can achieve the standard but not consistently
Passed	Can perform the skill with consistent reliability