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| Front Crawl Stroke | 5 Points | 4 Points | 3 Points | 2 Points | 1 Point |
| Body Position | Body is horizontal. | Body is horizontal. | Body position is nearly horizontal. | Body position deviates from horizontal. No side to side motion. | Vertical. Feet do not leave the pool bottom. |
| Arms | Wrist and hand relaxed during removal from water. Effective pull for motion. | Elbow high during removal from water. Hand enters water 1st. Arm fully extended. | Arms are bent out of water. Pull extends past waist. | Straight arm. Hand enters outside of shoulder. Slapping at the water. | Reaching forward, with no effect on movement. |
| Kick | Continuous fluid motion of hips, knees, ankles and feet. | Consistent flutter kick with relaxed and floppy feet. | Legs are nearly straight during upbeat. Consistent motion. | Incomplete flutter kick. Knees bent, feet out of the water. | Walks. Feet do not leave the pool bottom. |
| Breathing and Timing | Rhythmic breathing pattern relating arm stroke in time with breathing. | Rhythmic breathing. Continuous arm motion in time with breathing. | Rhythmic breathing with occasional head lift. Arms alternate but may hesitate during breathing. | Breathing as needed with head lift. No coordination of arms and legs. | Face does not enter water. |
| Distance | 50 yds. | 25 yds. | 15 yds. | 15 yds. | Feet do not leave the pool bottom. |

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| Back Crawl Stroke | 5 Points | 4 Points | 3 Points | 2 Points | 1 Point |
| Body Position | Body is nearly horizontal.  Head stays still in water. | Body is nearly horizontal. Head stays still in water. | Body position is nearly horizontal. Little side to side motion. | Body position deviates from horizontal. No side to side motion. | Vertical. Feet do not leave the pool bottom. |
| Arms | Thumb exits water 1st. Pinky finger enters water outside the shoulder. Water is pushed to feet. | Wrist or forearm enters water 1st. Little underwater pull. | Bent arm. Slapping at water. Wind milling. | Arms bent with no consistent backward progress. | Reaching backwards, with no effect on movement. |
| Kick | Fluid flutter kick using the hips, knees, ankles and feet. | Relaxed feet with floppy ankles. Toes at the surface of water. | Legs nearly straight on down kick. Kick is exaggerated. | Legs alternate up and down. Feet come out of water, knees are bent. | Walks. Feet do not leave the pool bottom. |
| Breathing and Timing | Arms are in constant motion opposite on another.  Rhythmic pattern of the arms to kick. | Arms are in constant motion opposite on another. | Arms are not consistent and may have a hesitation before pulling. | No recognizable arm pattern. Hesitation before pulling. | Arms are not coordinated with kick to produce backward motion. |
| Distance | 50 yds. | 25 yds. | 15 yds. | 15 yds. | Feet do not leave the pool bottom. |

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| Elementary Backstroke | 5 Points | 4 Points | 3 Points | 2 Points | 1 Point |
| Body Position | Horizontal. Chin up, ears in water. Streamlined during glide. | Slight chin tuck, ears near or below water. Legs separated during glide. | Chin tucked, ears may be out of water. Glide is not fluid. | Chin tucked, ears out of water, no glide. | Vertical. Feet do not leave the pool bottom. |
| Arms | Fully completes “Tickle, Tee, Touch” motions. Hands stay in water. Straight arms on glide next to body. | Completes 2 of the 3 motions. Hands stay in water. Arms bent next to body on glide. | Flaps arms. No pull to “Tickle.” Hands may come out of water. Arms in constant motion, no glide. | Flaps arms. No pull to “Tickle”. Hands come out of water. Produces no backward motion. | Reaching backwards, with no effect on movement. |
| Kick | Keeps knees in water. Fully completes “bend, out, around”. No scissors kick. | Keeps knees in water. Completes 2 of the 3 motions,“bend, out, around”. No scissors kick. | Knees occasionally come out of water. Legs flap in and out, no bend. | Knees out of water. Legs flap in and out, no bend. Does not produce backward motion. | Walks. Feet do not leave the pool bottom. |
| Breathing and Timing | Arms and legs perform coordinated movement. Glide produces backward motion. | Arms begin to move before legs. Glide is inconsistent to produce backward motion. | Arms and legs move at different times producing little backward motion. Not smooth and coordinated. | Arms and legs move at different times producing little backward motion. Creates lots of water splash. | Arms are not coordinated with kick to produce backward motion. |
| Distance | 50 yds. | 25 yds. | 15 yds. | 15 yds. | Feet do not leave the pool bottom. |

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| Breastroke | 5 Points | 4 Points | 3 Points | 2 Points | 1 Point |
| Body Position | Nearly horizontal, face in water and body streamlined during glide. | Nearly horizontal, face out of water. Glides with arms next to legs. | Nearly horizontal, face out of water. Glides with arms next to legs. | Nearly horizontal, face out of water. Glides with arms next to legs. | Vertical. Feet do not leave the pool bottom. |
| Arms | Fingers together, arms straight, pull to shoulders, in front of chest, shoot out. | Fingers together, arms occasionally straight, pull is past shoulder, in front of chest and shoot out. | Fingers together, arms bent, pull is to waist. | Fingers separated, arms bent, flapping wings. | Reaching forward with no effect on movement. |
| Kick | Feet turned out, bent knees, heels to behind. Fully completes “Bend, out, around” to produce strong forward motion. No scissors kick. | Feet turned out, bent knees, heels to behind. Completes 2 of 3 “Bend, out, around” to produce strong forward motion. No scissors kick. | Ankles are not flexed, toes are pointed. Attempts to perform Bend, out, around. Occasionally scissor kicks. | Ankles are not flexed, toes are pointed. Legs flap in and out producing no forward motion. | Walks. Feet do not leave the pool bottom. |
| Breathing and Timing | Breathing at the end of arm stroke. “Pull, breathe, kick, and glide. | Breathing during arm pull. Glides with arms at side. | Breathing during arm pull. Glides with arms at side. | Does not breath every stroke, no glide, constant motion. | Arms are not coordinated with kick to produce motion. Face never enters the water. |
| Distance | 50 yds. | 25 yds. | 15 yds. | 15 yds. | Feet do not leave the pool bottom. |

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| Treading water | 5 Points | 4 Points | 3 Points | 2 Points | 1 Point |
| Performance skill | Able to use sculling and whip or rotary kick to tread in water over their head for more than 30 seconds. | Able to use sculling and whip or rotary kick to tread in water over their head for 15-30 seconds. | Able to use sculling and whip or rotary kick to tread in over their head for 0-15 seconds. | Able to demonstrate sculling and whip or rotary kick components in shallow water. | Does not attempt in water but can verbalize needed skills. |

SWIMMING UNIT RUBRIC

ASSESSMENTS TUES/THURS

12/4 & 12/6