

Evolution Swim School Report Card

Winter Term 2019

Student Name – Jane Doe

Location – Larbert High School

Teacher – Kieran McGuckin

Ability Level – Learn Silver

Behavior in Class	☆☆☆☆☆
Working with Others	☆☆☆☆☆
Effort in Given Tasks	☆☆☆☆☆

General Comments

Jane is again been a pleasure this past term and she has really started to come out of her shell building her confidence! She has continued to progress her strokes and gradually swimming further unaided whilst maintaining the correct technique. We will continue to work on all aspects of her swimming in the next term.

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This section covers core aquatic skills (ranging from floating to diving) and all the strokes covered for the ability level. (See below)

Water Confidence – Backcrawl/Frontcrawl kicking

Learn Silver – Backcrawl/Frontcrawl/Breaststroke

Swim Bronze - Backcrawl/Frontcrawl/Breaststroke/Butterfly

Learn Bronze – Backcrawl/Frontcrawl

Learn Gold - Backcrawl/Frontcrawl/Breaststroke introduction to Butterfly

Swim Silver - Backcrawl/Frontcrawl/Breaststroke/Butterfly

Core Aquatic Skills

Jane's streaming has continued to progress and can now kick for 10m in streamlined position on her back unaided. This is a very difficult skill for children to master as it requires a lot of concentration and determination. This sets her up with a good body position in the water and will benefit all strokes. We have started to progress to standing dives and will again spend time on this skill as it takes a long time to get right.

Backcrawl

Jane's backcrawl has improved due to her better body position in the water that she is now higher in the water and not swimming at an angle. In the next term we will look to continue reinforcing good technique and adding in body roll to give her a more efficient arm action.

Frontcrawl

Jane has been able to get a much more consistent breathing action on frontcrawl this term but still sometimes struggles when she gets a little tired. This is just a practice thing and the more we do it the further she will be able to go whilst holding good technique and the correct breathing pattern. In the next term we will work on good breathing even when fatigued.

Breaststroke

Jane can complete the correct full stroke for just under 10m, including breathing, but like frontcrawl when she becomes tired it can falter a little. We will be continually reinforcing the good technique she has already got while improving her endurance to swim further distances in the next term.