

- For novice swimmers, teachers may use various kinds of water games to help them develop an interest in the activity and the confidence to move around in water. Teachers must make clear to them the importance of safety precautions in aquatic sports.
- Teachers may adopt appropriate levels and standards according to their school contexts. This not only caters for learner diversity but also enables them to make the most accurate assessment to enhance learning.
- Teachers should refer to Education Bureau Circular No. 1/2000B - *Safety precautions in School Swimming Galas, Lessons and Training*, and ensure that all safety measures have been taken.

Remark: If swimming lessons are not feasible due to environmental conditions, teachers should help students learn some basic knowledge about swimming. For instance, students may work on projects and worksheets, or watch videos to gain an understanding of the characteristics of different swimming strokes.

2.6 Learning Outcomes Framework

(Learning outcomes at Level 3 refer to the basic competence. Learning outcomes from Level 4 to Level 8 refer to specific requirements of different swimming strokes)

Basic Competence

Overall Level	Learning Outcomes	Assessment Criteria	Relevant Knowledge**
3	<p>Students are able to</p> <ol style="list-style-type: none"> 1. stand and move around in the pool with water about chest depth. 2. start from a prone float position and resume a standing position in a pool of waist depth. 3. emerge and submerge in the water with confidence and ease. 4. control exhalation and breath-holding in the water, and inhale above water quickly. 	<ul style="list-style-type: none"> • Enter the water with the feet first • Hold on to the side of the pool after getting in the water • Keep body balance and move in different directions • Keep the body floating without touching the bottom of the pool or holding on to anything • Keep steady when resuming the standing position • Exhale in the water and inhale above it 	<ul style="list-style-type: none"> • Swimming gear and equipment • Water safety • Rules and regulations of swimming pool • Knowledge of hygiene • Appropriate use of changing rooms • Handling personal items • Use of lockers

* KS2 students are expected to have reached at least Level 3. For details, please refer to pages 15 to 16 of the Main Volume.

** It may not be appropriate to set levels for "Relevant Knowledge". Teachers should judge when to teach and assess knowledge according to the relevant learning outcomes

Front Crawl

Overall Level	Learning Outcomes	Assessment Criteria	Relevant Knowledge**
4	<p>Students are able to</p> <ol style="list-style-type: none"> kick while holding a kickboard in the water and proceed for a distance (for example, the width of the pool) without stopping midway. push-off from edge of the pool and glide forward. 	<ul style="list-style-type: none"> Kick in the water starting from the thighs Knees are slightly bent Kick quickly in the water with straight, whipping legs Keep the body in a straight line Glide and kick in the water to proceed 	<ul style="list-style-type: none"> Rules and regulations of front crawl Knowledge about dive start Knowledge about turns in front crawl Terminology of swimming such as: <ul style="list-style-type: none"> - Pull
5	<p>Students are able to</p> <p>swim 10 metres and stop to breathe only once.</p>	<ul style="list-style-type: none"> During arm pulls, keep the body in a straight line (keep body streamlined) Both arms take turns to pull and thereby propel the body forward Arms should swing forward above water during recovery 	
6	<p>Students are able to</p> <p>swim 10 metres with co-ordination of arms and legs.</p>	<ul style="list-style-type: none"> Using flutter kick in order to maintain the lower part of the body afloat Breathing on one side Legs and arms should be coordinated when taking breaths Keep the body in a straight line and level throughout 	
7	<p>Students are able to</p> <p>swim 15 metres without stopping.</p>	<ul style="list-style-type: none"> All movements are smooth The body posture remains streamlined 	
8	<p>Students are able to</p> <p>start with plunge/flat dive and swim 25 metres.</p>	<ul style="list-style-type: none"> Keep arms and legs fully extended when entering the water All movements are smooth The body posture remains streamlined 	

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Breaststroke

Overall Level	Learning Outcomes	Assessment Criteria	Relevant Knowledge**
4	<p>Students are able to</p> <ol style="list-style-type: none"> 1. whip kick (frog kick) while holding a kick board and proceed 10 metres without stopping. 2. make correct pull in the water. 	<ul style="list-style-type: none"> • Kick starts from the calves • Soles turn outwards • Draw the soles as closely to the hips as possible • Draw up the calves with strength 	<ul style="list-style-type: none"> • Rules and regulations of breaststroke • Knowledge about dive start • Knowledge about turns in breaststroke • Terminology of swimming such as: <ul style="list-style-type: none"> - Wedge kick - Whip kick
5	<p>Students are able to</p> <p>swim 10 metres; stop for breathing in between is allowed.</p>	<ul style="list-style-type: none"> • Bend the wrists to pull water backwards and downward • The hand movement should follow a heart-shape sweep of the width of the shoulders • While kicking, the arms stretch forward. Arm and leg movements should be coordinated. • Keep the elbows pointing sideways • Keep the body in a straight line 	
6	<p>Students are able to</p> <p>swim 10 metres with proper breathing technique.</p>	<ul style="list-style-type: none"> • Lift the head above water to breath • Keep the leg and arm movements coordinated when breathing • Keep the body in a straight line and water level in the process 	

Overall Level	Learning Outcomes	Assessment Criteria	Relevant Knowledge**
7	Students are able to swim 15 metres without stopping.	<ul style="list-style-type: none"> • All movements are smooth • The body posture remains streamlined 	
8	Students are able to start with plunge/flat dive and swim 25 metres.	<ul style="list-style-type: none"> • Keep arms and legs fully extended when entering the water • All movements are smooth • The body posture remains streamlined 	

** It may not be appropriate to set levels for "Relevant Knowledge". Teachers should judge when to teach and assess knowledge according to the relevant learning outcomes.

Back Crawl

Overall Level	Learning Outcomes	Assessment Criteria	Relevant Knowledge**
4	Students are able to perform a supine float with kicking and proceed 10 metres without stopping.	<ul style="list-style-type: none"> • Use flutter kick • From the thighs to the calves, kick hard to create splashes • Legs should press down in the water • Keep the body in a straight line • Keep the head up and the ears at water level 	<ul style="list-style-type: none"> • Rules and regulations of back crawl • Knowledge about the back crawl start • Knowledge about turns in back crawl

Overall Level	Learning Outcomes	Assessment Criteria	Relevant Knowledge**
5	Students are able to perform a supine float, propel themselves with both arms, and leg kicks to swim 10 metres.	<ul style="list-style-type: none"> • Continue flutter kick while the arms are pulling the water • Place one hand at the side of the body when the other is pulling in the water. Pull all the way to the side of the legs • Arms should be kept straight while swinging back to the shoulder on the same side • Keep the palms facing outwards when lifting the arms • Keep the face level and steady • Keep moving forward in a straight line • Arms pull alternately in a natural and smooth manner 	
6	Students are able to keep the face above the water, with breathing co-ordinated with the movements, and swim 10 metres.	<ul style="list-style-type: none"> • Keep the face above water • Breathing rhythm should match the frequency of movements; i.e. inhale when one arm is pulling the water and exhale when the other arm is pulling 	
7	Students are able to swim 15 metres without stopping.	<ul style="list-style-type: none"> • Show good arm and leg coordination • Keep the body streamlined when moving forward • Keep the body movements balanced and symmetrical 	
8	Students are able to use a back crawl start and swim 25 metres.	<ul style="list-style-type: none"> • After back crawl start, keep the body straight in the water • Show good coordination of arms and legs • Keep the body streamlined 	

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