

# SWIMMING SKILLS RUBRIC

Skills	Excellent Skill - 4 pts	Proficient Skill - 3 pts	Developing Skill - 2 pts	Needs Improvement - 1 pt	No Effort Skill 0 pts = Inc
<b>General Skills</b> - Back & front float - Head bobbing	<ul style="list-style-type: none"> <li>● Body prone in the water</li> <li>● Head is back and relaxed</li> <li>● Body is relaxed</li> <li>● Head bobbing is rhythmic and no pinching of the nose.</li> </ul>	<ul style="list-style-type: none"> <li>● Body prone in the water</li> <li>● Head is back</li> <li>● Head bobbing is choppy</li> </ul>	<ul style="list-style-type: none"> <li>● Performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Performed only with physical assistance</li> </ul>	No Effort
<b>Kick Board</b>	<ul style="list-style-type: none"> <li>● Body prone and streamlined - Smooth, fluid motion</li> <li>● Fluid flutter kick</li> </ul>	<ul style="list-style-type: none"> <li>● Body prone in the water</li> <li>● Recognizable flutter kick</li> </ul>	<ul style="list-style-type: none"> <li>● Performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Performed only with physical assistance</li> </ul>	No Effort
<b>Front Crawl</b>	<ul style="list-style-type: none"> <li>● Body prone and streamlined - Smooth, fluid motion</li> <li>● Face in the water</li> <li>● Rhythmic breathing</li> <li>● Fluid flutter kick</li> <li>● Elbow out of water first</li> <li>● Arms extend, pull to waist</li> </ul>	<ul style="list-style-type: none"> <li>● Body prone in the water</li> <li>● Face in the water on occasion</li> <li>● Rhythmic breathing</li> <li>● Recognizable arm pull</li> <li>● Recognizable flutter kick</li> </ul>	<ul style="list-style-type: none"> <li>● Unrecognizable swim stroke</li> <li>● Swim stroke is performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Swim stroke is performed only with physical assistance</li> </ul>	No Effort
<b>Back Crawl</b>	<ul style="list-style-type: none"> <li>● Body supine and streamlined Thumb exits water, pinkie enters water</li> <li>● Symmetrical arm rotation</li> <li>● Arm pull within shoulders</li> <li>● Fluid flutter kick</li> <li>● Head is neutral</li> </ul>	<ul style="list-style-type: none"> <li>● Body supine in the water</li> <li>● Thumb exits water, pinkie enters water</li> <li>● Symmetrical arm rotation</li> <li>● Recognizable flutter kick</li> </ul>	<ul style="list-style-type: none"> <li>● Unrecognizable swim stroke</li> <li>● Swim stroke is performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Swim stroke is performed only with physical assistance</li> </ul>	
<b>Elementary Backstroke</b>	<ul style="list-style-type: none"> <li>● Body supine in the water</li> <li>● Arms straight out, pull straight and symmetrical</li> <li>● Recovery hands contact with body</li> <li>● Fluid whip kick</li> <li>● Arms and legs synchronized</li> </ul>	<ul style="list-style-type: none"> <li>● Body supine in the water</li> <li>● Arm pull is symmetrical</li> <li>● Recovery hands contact with body</li> <li>● recognizable whip kick</li> <li>● Arms and legs synchronized</li> </ul>	<ul style="list-style-type: none"> <li>● Unrecognizable swim stroke</li> <li>● Swim stroke is performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Swim stroke is performed only with physical assistance</li> </ul>	No Effort

<b>Treading Water</b>	<ul style="list-style-type: none"> <li>● Body is vertical</li> <li>● Able to do 2 out of the 3 leg kicks</li> <li>● Arms calmly sculling in the water</li> <li>● Swimmer is calm</li> </ul>	<ul style="list-style-type: none"> <li>● Body is vertical</li> <li>● Able to do one type of leg kicks</li> <li>● Recognizable Arms sculling in the water</li> <li>● A little frantic</li> </ul>	<ul style="list-style-type: none"> <li>● Body vertical in the water</li> <li>● Recognizable one type of leg kick</li> <li>● Performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Performed only with physical assistance</li> <li>● Not able to perform this in the deep end at all</li> </ul>	No Effort
<b>Breaststroke</b> <i>-Sophomores only</i>	<ul style="list-style-type: none"> <li>● Body prone and streamlined</li> <li>● Arm pull within shoulders</li> <li>● Symmetrical arm pull/ recovery</li> <li>● Rhythmic breathing</li> <li>● Fluid whip kick</li> <li>● Alternate kick and pull</li> </ul>	<ul style="list-style-type: none"> <li>● Body prone in the water</li> <li>● Recognizable arm pull</li> <li>● Rhythmic breathing</li> <li>● Recognizable whip kick</li> <li>● Alternate kick and pull</li> </ul>	<ul style="list-style-type: none"> <li>● Unrecognizable swim stroke</li> <li>● Swim stroke is performed with the assistance of a floatation device</li> </ul>	<ul style="list-style-type: none"> <li>● Swim stroke is performed only with physical assistance</li> </ul>	