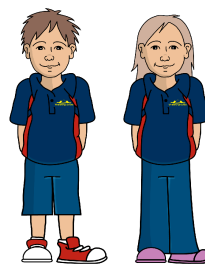


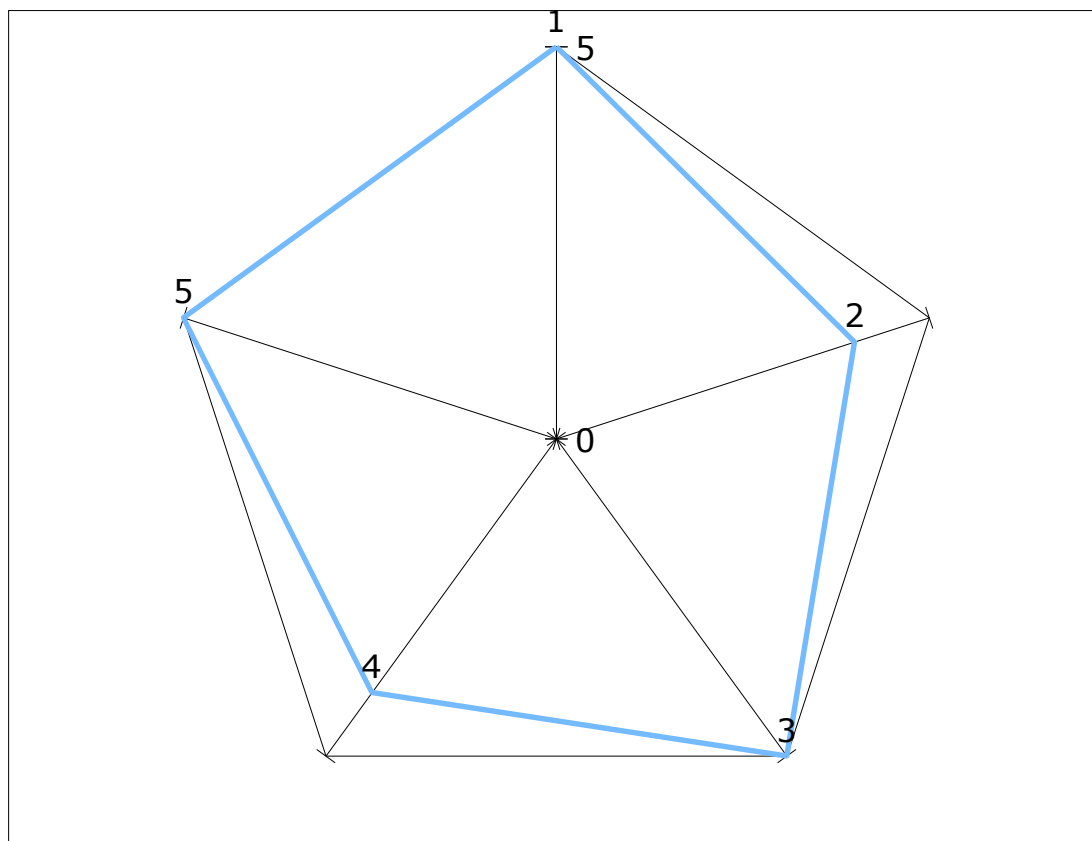
# Developing the Whakarongo Kid

**Name:**            **Dimension** Physical Skills - Swimming



Student  
Self Assessment

1	Confidence in water	5
2	Freestyle	4
3	Backstroke	5
4	Breastroke	4
5	Attitude	5



	1	2	3	4	5
1. Confidence	Beginning	Developing	Good	Very Good	Excellent
2. Freestyle	Beginning	Developing	Good	Very Good	Excellent
3. Backstroke	Beginning	Developing	Good	Very Good	Excellent
4. Breastroke	Beginning	Developing	Good	Very Good	Excellent
5. Attitude	Poor	Reluctant	Good	Very Good	Excellent

I was working on my fitness and how I was to move in the water.

In freestyle I was working on my arms.

In backstroke I was working on keeping my chest and head up in the water.

In butterfly I was working on how to move my arms with more power.

In breaststroke I was working on kicking my feet out with more power.

I really loved how we all got to go to Fryberg pool this year and swim there.