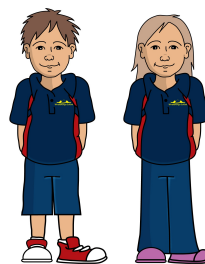


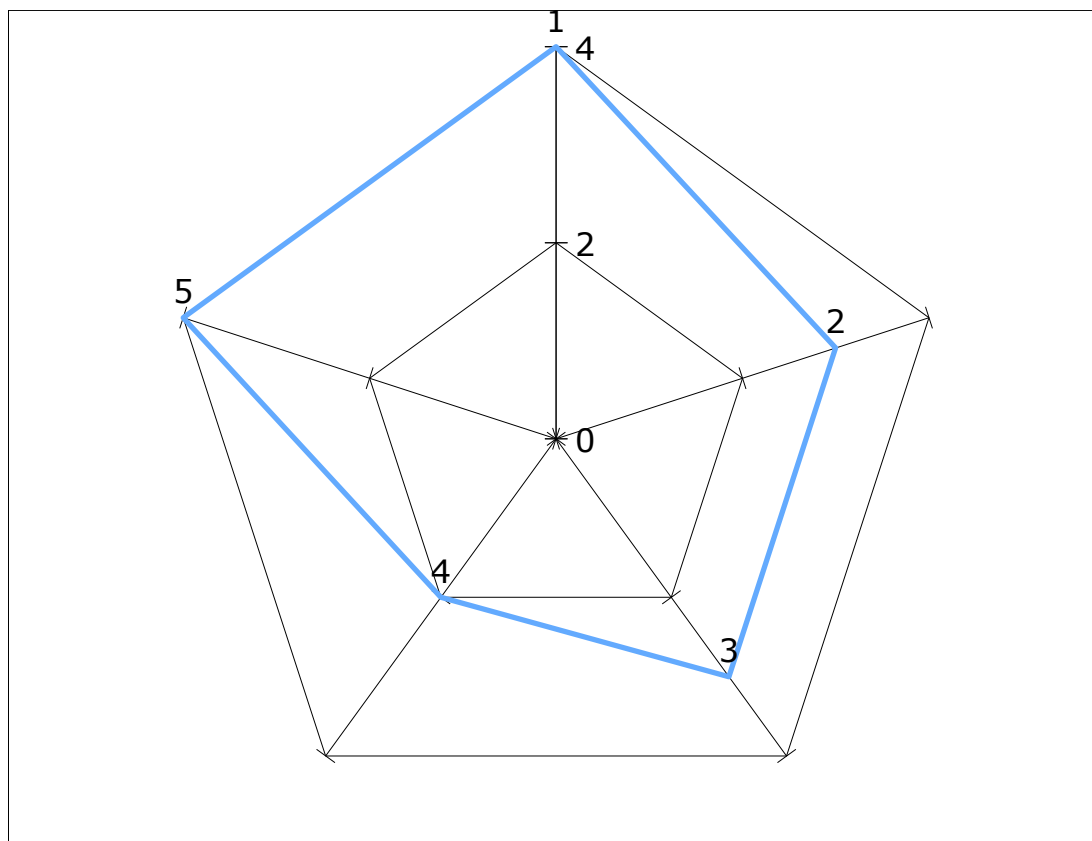
Developing the Whakarongo Kid

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



Student
Self Assessment

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



	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. Breaststroke	Beginning	Developing	Good	Very Good	Excellent
5. Attitude	Poor	Reluctant	Good	Very Good	Excellent

I'm think I'm pretty confident in water I'm happy going in water and iam not scared of being in the water!

first I need to improve on my breast stroke I dont feel very confident with brestroke and am quite slow and would like to be faster ,also with backstroke to make less of a splash,and with freestyle to go faster!!

I really enjoy to swim and every chance I have to swimming I take!!