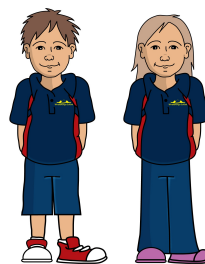
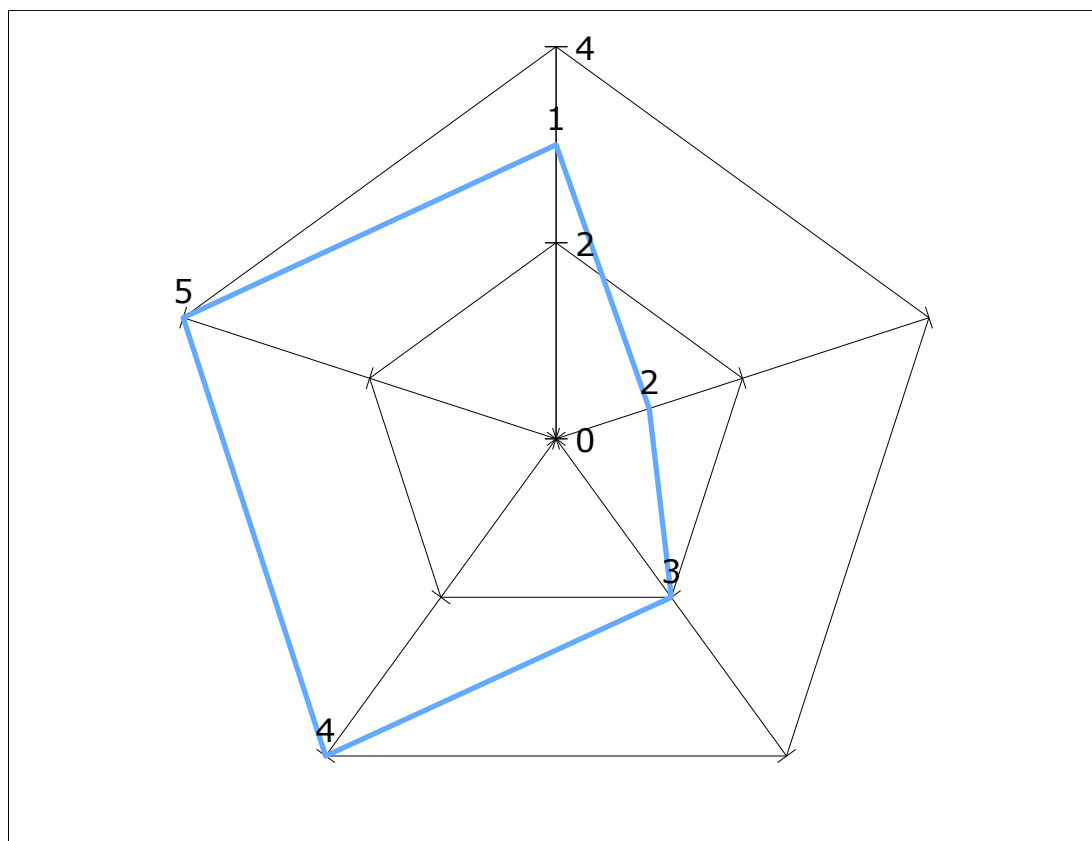


Developing the Whakarongo Kid

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



| | | Self Assessment |
|---|---------------------|-----------------|
| 1 | Confidence in water | 3 |
| 2 | Freestyle | 1 |
| 3 | Backstroke | 2 |
| 4 | Breaststroke | 4 |
| 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 feel safe In the water and am feary confident I would like to work my breathing

im okay in backstroke I think I need to work on my keeping my tummy up above tl

my attudie towards water is. I like the water and like to play and have fun in it!

ne water , in freestyle I need to work on my breathing, and in brestroke I need to w

ork on gliding!