### Implementing and Applying
- create and perform movement sequences by manipulating and combining movement skills and applying movement concepts
- identify risks and devise and apply safe practices

### Reflecting
- reflect on learning, apply new understandings and justify future applications

### KNOWLEDGE AND UNDERSTANDING

#### Physical Activity
- Developing and refining specialised movement skills through applying movement concepts supports improved physical performance and participation in physical activities

#### Rescue and Swimming Technique

<table>
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<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
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<tbody>
<tr>
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<td>Proficient</td>
<td>Competent</td>
<td>Variable</td>
<td>Minimal</td>
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</tbody>
</table>

___ application of concepts and skills

- Safety awareness
- Kick
- Arm stroke
- Body position/ stability