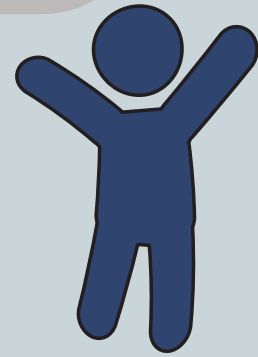# PES Model

Person

- Age
- Diagnosis
- Strengths & abilities
- Interests
- Goals for swimming

Environment

- Physical location
- Time of day/year
- Noise level
- Temperature
- Lighting
- Chemical levels
- Social environment

Swimming

- Physical skills needed
- Cognitive skills needed
- Components of the swimming skills (ex. kicking, pulling arms)