

levels	DISTANCE
<b>1 skill development</b>	<b>breast stroke</b>
enter the water confidently unaided using a swivel action	
face in the water and blow bubbles for 5sec	
bob up and down to fully submerged the head 6 times	
move freely around the pool using a combination of hop,jump & skip	<b>5 METRES</b>
open eyes u/water and identify an object	
<b>stroke development</b>	
5 metres kicking with float	
5 metres breast stroke legs with float	
standing with arms in the water show a doggy paddle action	
standing with arms in the water show a breast stroke arm action	
star float on back with float's)	
<b>2 skill development</b>	
push off wall or floor to a star float on front with face in the water with/without aid	
push off wall or floor to a star float on back with/without aid	
in a vertical position throughout rotate 360 with feet off the floor with/without aid	
a floating position for 5 secs with/without aid	
climb out of the pool without use of steps	
<b>stroke development</b>	
5 metres kicking on front unaided	<b>10 METRES</b>
5 metres on kicking on back unaided	
5 metres breast stroke legs unaided	
5 metres arms & legs on front unaided	
5 metres arms & legs on back unaided	
<b>3 skill development</b>	
jump in shallow end without support	
submerge to kneel on the pool floor	
submerge completely for 5 secs	
star float on front for 5 secs and regain to standing position	
stand in the water arms in front demonstrate a figure of 8 sculling action 6 times	
sitting dive in the deep end	
<b>stroke development</b>	
stand with face in the water breath to the front & to the side 6 times each	<b>20 METRES</b>
5 metres on back kicking with hands by side	
10 metres on front using arms and legs	
in the water demonstrate a circular front crawl arm action	
<b>4 skill development</b>	
star float on back for 5 secs to a standing position	
eyes open pick up an object from the shallow end with both hands	
from a horizontal position face down arms in front turn 180 degrees swim 5 metres to the side and push & glide on front for 5 secs	
a tucked floating position for 10 secs	
jump in half way	
standing dive	
<b>stroke development</b>	
5 metres on front or back using a dolphin kick with toes pointed	<b>25 METRES</b>
5 metres kicking on front no hands	
10 metres on back using arms & legs	
standing upright demonstrate a circular back crawl arm action	
<b>5 skill development</b>	
3 different jumps feet first showing control in flight and landing shallow end	
mushroom float 10 secs	
push & glide on back arms over head in line with body 5 secs	
shoulder depth tread water for 1 min	
scull head first on back 5 metres	

horizontal face in the water arms in front rotate 360 degrees and regain a standing position	<b>50 METRES</b>
jump in deep end	
racing dive	
<b>stroke development</b>	
10 metres front crawl legs with hands in front	
10 metres back crawl legs arms stretched above head	
5 metres arms and legs on front rotate on to back and swim 5 metres arms and legs	
10 metres breaststroke legs with/without float	
<b>6 skill development</b>	
feet first surface dive complete submersion	
head first surface dive complete submersion in deep end	
star float on front/back 5 secs	
swim u/water for 5 metres pick up an object, surface return to start with object	
tread water for 2 mins, to include 2x 360 degrees vertical turns one in each direction	
push & glide swim u/water through a hoop for 5 metres	
racing dive	
plunge dive	
<b>stroke development</b>	
10 metres front crawl with breathing basic technique	<b>100 METRES</b>
10 metres back crawl basic technique	
10 metres breast stroke with breathing basic technique	
10 metres dolphin kick on front	
<b>7 skill development</b>	
straddle jump in deep end	
head first surface dive swim 5m pick up an object with both hands return to the side and climb out	
push & glide to somersault	
scull head first on back 5m rotate onto front half forward somersault scull 5m feet first on back	
back crawl turn	
breast stroke turn	
<b>stroke development</b>	
20 metres efficient front crawl legs with float	<b>200 METRES</b>
20 metres efficient breast stroke legs with float	
20 metres back crawl legs arms extended	
25 metres front crawl basic technique	
25 metres back crawl basic technique	
25 metres breaststroke basic technique	
<b>challenge 1 pupils may rest between sections</b>	
jump in the deep end and swim for 2 mins continuous any stroke	
swim 50 metres on front crawl or breast stroke	
swim 50 metres back crawl	
<b>8 skill development</b>	
a jump with a tuck entry in deep end	
tread water for 1 min showing 2 different methods with 1 arm out of the water for 10 secs.	
back somersault starting with a horizontal position	
handstand in shoulder depth water for 5 secs	
front crawl start	
<b>stroke development</b>	
20 metres using a butterfly kick without a float hands in front 5 metres u/water 15 metres at surface	
10 metres butterfly basic technique	
50 metres continuously own choice of strokes including a turn basic technique	
hand touch front crawl turn covering a distance of 5 metres before and after the turn	
25 metres either of front crawl or back crawl efficient technique	
25 metres either of breast stroke or butterfly efficient technique	
<b>challenge 2 (pupils may rest between section)</b>	
jump in swim 50 metres in clothing	
climb out of the pool unaided and remove clothing	
surface dive from swimming pick up carry and land a non-floating object swimming at least 8m on	

surface dive from swimming swim at least 3 metres under water	
swim 200 metres using 2 different strokes, minimum of 50m by any stroke	
<b>9 skill development</b>	
2 different jumps with body straight on entry, gaining height and taking a different position in flight,	
back push & glide scull for 5m, back somersault, feet first scull for 5m, rotate 360 degrees in a	
feet first surface dive pick up brick swim 10 metres on back and land brick on poolside	
<b>stroke development</b>	
swim continuously 50 metres on each of 2 strokes ( 10- 20 secs rest to be taken after 50 m)	
swim 25 metres on each of the other 2 strokes (10 - 20 secs rest to be taken after 25 m) efficient	
butterfly turn swimming 5 metres before and after the turn	
hand touch back crawl turn swimming 5 metres before and after	
hand touch breast stroke turn swimming 5 metres before and after the turn	
50 metres either front crawl with a float or back crawl with arms extended efficient technique	
25 metres of breast stroke with a float (5 - 10 secs rest) swim 25 metres butterfly arms extended in	
<b>SURVIVAL 3</b>	
jump in swim 2 lengths in 2 mins with vest,socks,pants,pyjama bottoms,jumper & shirt.	
tread water for 30 seconds with ahnds on head.	
tread water for 2 mins	
undress	
make a float with shirt.	
swim 30 lengths in 30 minutes with 5 head first dives and 5 feet first surface dives swimming 5 metres under water	
last 10 lengths no surface dives	
<b>10 skill development</b>	
plunge dive holding glide for 5 metres	
tread water and pass a ball to a partner 5 metres away	
swim for 3 mins in a circuit and include the following a feet first surface dive, head first surface dive,	
(just below the surface) tread water for 15 secs with 1 arm out of the water throughout, climb out	
torpedo scull on back, feet first hands over head for 10 secs with/without leg support	
<b>stroke development</b>	
swim continuously for 150 metres on any stroke or combination	
front crawl tumble turn swimming 5 metres before and after turn	
completer each of the following covering 25 metres on each stroke with appropriate turn butterfly to	
back crawl to breaststroke and breaststroke to front crawl.	
swim 4 x widths of any stroke showing correct use of pace clock for start time and rest periods	
<b>SURVIVAL 4</b>	
jump in swim 2 lengths in vest,pants,socks,trainers,shirt,trousers and jumper	
take off trainers and socks	
tread water waving arm for 1 minute & then a further 2 minutes	
take off jumper and trousers make a float with the trousers swimming 2 lengths on back whilst blowing trousers up	
undress rest of clothes & throw to the side	
swim 20 lengths in 17 minutes doing 5 head & 5 feet first surface dives	
1 - 7 to be done continuously	
take off trainers and socks	
<b>duckling grade 1 all 6 components must be passed to move onto duckling 2</b>	
make a supervised safe entry with adult support	
kick 2 metres on back with adult support	
float on back with adult support behind the head	
blow bubbles at the water surface	
wet the head without submersion	
travel without assistance 2 metres to a floating object	
<b>duckling grade 2 all 6 components must be passed to move onto duckling 3</b>	
make a sitting entry with adult support	

blow an object for a distance of 2 metres	
using a buoyancy aid rotate through 180 degree without assistance	
move 5 metres along the rail or wall without assistant	
travel 3 metres using arms and or legs without assistance	
submerge the face with confidence	
<b>duckling grade 3 all 6 components must be passed to move onto duckling 4</b>	
make a supervised jump to an adult with or without support	
kick 5 metres on the front holding a float (the adult may hold the end of the float)	
blow bubbles with mouth under water	
float on front or back without adult support	
travel 5 metres on the front to the side of the pool	
show a torpedo shape on front or back when pushed by a partner	
<b>duckling grade 4 all 6 components must be passed to move onto duckling 5</b>	
jump in unaided, but supervised, into the water	
submerge completely	
rotate through 360 degrees either horizontally or vertically	
show a mushroom or star float	
travel without assistance 10 metres on front or back	
climb out of the water with assistance if required	
<b>duckling grade 5 all 6 components must be passed to move onto level 1</b>	
show the sequence to jump in the water, turn around, swim back to point of entry and hold on to the	
submerge completely and blow bubbles under the water	
push and glide achieving a distance of 2 metres on front or back	
float on front or back and regain standing position	
swim 5 metres on front or back using an over water arm recovery	
exit safely showing correct use of steps	
5 metres of breaststroke with aid	