



Learning Outcomes

1. Answer a question on poolside safety rules
2. Enter the water from poolside, move forward 1 metre, then return and exit the pool unassisted
3. Blow bubbles into the water with face submerged
4. Perform a star float while on the back and regain the feet
5. Move through the water while on the back, using an alternating leg action for 5 metres
6. Move through the water 5 metres on the front, using front paddle action
7. Complete a 360° turntable with feet off the pool floor
8. Roll from back to front and return onto the back
9. Jump or step into the water from poolside with hand support from a swimming teacher or assistant
10. Show treading water action with legs on woggle – (seahorses)

Swimming teacher or assistant in water is optional. Buoyancy aids may be used.



Learning Outcomes

1. Answer 2 questions on poolside safety
2. Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back
3. Bob up and down, submerging the face 4 times, exhaling underwater
4. Pick up an object from below the water surface
5. Perform 2 float positions, which may be in a sequence and performed on the front or the back
6. Push and glide on back, tuck and roll forward to return to poolside
7. Tread water, using arms and legs
8. Attempt a circular action of either arms or legs
9. Jump or step into pool safely unaided
10. Climb out of pool safely unaided

Swimming teacher or assistant in water is optional. Buoyancy aids may be used.