



Aqua 1a Skills Sheet

Skills Development

Jump into the water from the side with confidence & without support (min 0.9m)

Submerge to kneel on pool floor for 5 seconds

Float flat on the front and back for 5 secs at water surface without support and regain standing position

Push off from wall to show a horizontal position on back with & without aid(s)

Push off from wall on front with 2 feet and hold streamlined glide for 2m

Hold a tucked floating position for 5 seconds

Stand in water & demonstrate five figure-of-8 sculling actions, arms stretched in front of shoulders

Confidently perform a feet first surface dive to pick up an object from pool floor with both hands, eyes open (min 0.9m)

Roll 180 degrees from front to back & regain feet

Stroke Development

Kick 5m on back or front using a dolphin undulating action with toes pointed with or with aid(s)

Kick 5m on front and back using an alternative action with legs and toes pointed

Stand with shoulders under the water and demonstrate a small circular breaststroke arm action

Using arms and legs travel 5m on back, maintaining horizontal body position throughout

Standing upright demonstrate a circular backcrawl action

Kick 3m on back using breaststroke circling foot action, attempting foot turn out – with aid(s)

Stand in pool demonstrating front crawl arm action

Swim 10m using front crawl arm action