



Aqua 2 Skills Sheet

Skills Development
Demonstrate a handstand from the bottom of the pool (shallow water)
On the back using 2 feet, push from the wall into a streamlined position and hold for a minimum of 2m
From a horizontal flat stretched position rotate laterally through 360 degrees and regain standing position
Perform front and back star floats for 10 seconds
Perform a mushroom float for 10 seconds
Perform a head first surface dive & swim 3m underwater to object, pick up, surface & return object to start
Tread water using hands & feet for 15 secs, to include 2x360 degree turns in vertical position, 1 each direction
Start with a push and glide swim underwater through a hoop, covering a distance of 5m
Stroke Development
Kick 12m using a front crawl leg action, with a float showing correct lateral breathing patterns
Swim 12m full stroke front crawl showing basic technique with regular breathing
Kick 12m using a back crawl leg action without a float
Swim 12m, full stroke back crawl showing basic technique
Kick 8m using a breaststroke leg action with feet turned out using aid(s)
Swim 5m breaststroke attempting pull-kick-glide cycle
Using a dolphin action, without a float, kick 8m on the front
Stand in water demonstrating fly arm action
Demonstrate frontcrawl and backstroke single-arm action with a board for 12m