



Swim Fit Skills Sheet

Stroke Development & Fitness
Pre swim loosening up exercises + post exercise stretches
Swim continuously for 10 minutes using own choice of stroke
Kick for 5 minutes continuously using own choice of kick
Swim 200m of 2 different strokes showing a correct start, turn and finish and showing efficient technique throughout
Safety, Rescue and Survival Skills - wearing clothes (pyjamas or shorts + t-shirt)
Understand the dangers associated with pool and out door water activities + answer 3 safety questions
Tread water for 3 minutes to include one arm out of the water for 30 seconds signalling for help
Perform a land-based rescue with casualty at least 10m away
Swim side stroke for 25m, including 10m tow, wearing pyjamas
Perform a water-based non-contact rescue (10m)
Perform a water-based contact rescue (10m)
From lying poolside demonstrate a reaching rescue - casualty 2m from the side in the water min depth 1.5m
Swim 25m to a floating object, take up and hold the H.E.L.P. position for 5 mins in min depth 1.5m
Swim 50m retaining the floating object climb out of min full reach depth without use of steps
Diving
Perform a dive from the poolside for FC, Brs & Fly including 5m underwater streamlined Fly kick for FC & Fly and correct transition for Brs
Perform BC racing start, including streamlining and correct transition to stroke
From diving blocks (**ONLY when previous practices have been performed correctly) Perform a shallow dive followed by transition into 1) Fc 2) BRS 3) Butterfly
From in the water holding onto the diving block perform a BC racing start followed by butterfly K to the surface
Introduction to Water Polo
Swim front crawl, head up, and propel a ball for a distance of 15m, controlling it throughout. At the end of the 15m tread water, pick up the ball with one hand and throw it to land in a floating hoop positioned 5m away
Treading water, catch and throw a ball with a partner 5m away at least 10 times
With knowledge of water polo rules play 5 min game using basic skills.