

Group 1

1. Travel 1 width Front Crawl with basic arms and legs.
2. Travel 1 width backstroke with basic arms and legs.
3. Travel 1 width with basic breaststroke legs (feet out not necessary).
4. Travel 1 width basic butterfly kick movement.
5. Kick 2 widths Front crawl and Backstroke using aid
6. Perform a float on front and back and regain a standing position
7. Face in water and blow bubbles.
8. Perform a jump into shallow water

Group 2

1. Travel 1-2 width Front Crawl with basic breathing pattern.
2. Travel 1-2 width Backstroke with basic arms and legs without putting feet down.
3. Travel 1 width walking with Breaststroke arms – breath at the correct point.
4. Travel 1 width walking with Butterfly arms – breath as the correct point.
5. Perform and Jump into water and fully submerge.
6. Perform a Mushroom Float.
7. Demonstrate a sculling action and begin to move.
8. Travel 2 width Front Crawl kick with float, face in blowing bubbles breathing to side.
9. Travel 2 width Backstroke kick no aid arms down or 1 arm up

Group 3

1. Travel 1-2 width Front Crawl with basic breathing pattern.
2. Travel 1-2 width Backstroke with basic arms and legs without putting feet down.
3. Travel 1 width Breaststroke Kick with Board face out of water (no screw kick).
4. Travel 1 width Butterfly kick on front, feet must be together all the time.
5. Perform a jump into deep end.
6. Push and glide on front
7. Push and glide on back.
8. Perform a seated roll from side into water.
9. Travel 2 widths Backstroke kick with no aid both arms in Streamline

Group 4

1. Travel 2-3 widths Front Crawl using basic breathing patterns.
2. Travel 2-3 widths Backstroke straight arm recovery feet kicking at surface.
3. Travel 1-2 widths Breaststroke Kick with Board – Breath, kick, Glide (no screw kick).
4. Travel 1-2 widths Butterfly kick, feet must be together all the time 1w on front 1w on back.
5. Travel 1 width headfirst sculling.
6. Perform a Push and Glide on front into front crawl
7. Perform a Push and Glide on back into backstroke
8. Perform a star float for 30 seconds, shout for help when called upon.
9. Perform a sitting dive off the side. (water depth greater than 1.35m)

Group 5

1. Perform 2 width fly kick on surface – arms by side.
2. Travel 1 width Front Crawl stretching forward while blowing bubbles.
3. Travel 1 width Backstroke arms always moving and opposite each over (north & south, east & west).
4. Travel 2-3 widths Breaststroke Kick with or without board (no screw kick).
5. Travel 1 width feet first sculling.
6. Push and Glide on front and log roll on to back.
7. Push and Glide on back and log roll on to front.
8. Perform a tuck rotation from front to back in open water.
9. Perform a two-handed touch for Breaststroke and Butterfly.
10. Perform Standing Dive off the side (deep end)

Group 6

1. Perform 1 width Streamline fly kick on surface.
2. Travel 2-3 widths Front Crawl with High Elbow and breath to side (use both sides, every 3).
3. Travel 2-3 widths Backstroke showing shoulder rotation.
4. Travel 1-2 widths Breaststroke with correct timing (pull, breathe, kick, glide) no screw kick.
5. Travel 3 width Butterfly 1w Right arm over water recover only, 1w Left arm over water recover only, 1w both arms recover together – not essential to be over the water.
6. Perform a forward rotation in open water (tumble).
7. Perform a two-handed touch with knees up to rotated backwards and feet on wall (Fly/Breast to BK/FC).
8. Perform a push off with breaststroke under water pull with kick to surface.
9. Perform a Pencil Jump off blocks.
10. Perform Standing grab and track start off the side

Group 7

1. Perform 1 width Streamline Underwater Fly Kick
2. Travel 4 widths Front crawl including a breathing pattern.
3. Travel 4 widths Backstroke with cupped underwater pull.
4. Travel 2/3 widths Breaststroke with correct timing (pull, breathe, kick, glide).
5. Travel 2/3 widths Butterfly (2 kicks 1 pull, arms to recover together not necessarily over the water).
6. Perform a sequence of skills to include 2 types of sculling 2 types of rotation and 2 floating shapes.
7. Perform a tumble turn at the wall – push off streamline front and back.
8. Perform an open turn at the wall – push off streamline front and back.
9. Perform a Breaststroke pull down and fly kick together.
10. Know how many strokes from Flags to wall on backstroke.
11. Perform a sitting and standing dive off blocks. (Level 2 teacher or a coach to teach).

Group 8

1. Travel 30m Front Crawl with correct technique including a Tumble Turn push away Streamline and 1 fly kick Under water.
2. Travel 30m Backstroke with correct technique including a Tumble Turn push away Streamline and 1 fly kick Under water.
3. Travel 30m Butterfly with correct technique (2 kicks 1 Pull) including an Open Turn push away Streamline and 1 fly kick Under water (arms to recover together not necessarily over the water.) Breath must be in right place.
4. Travel 30m Breaststroke with correct technique including an Open Turn push away Streamline, Underwater Pull Fly Kick, Breaststroke kick and recover and breakout.
5. Perform a Grab and Track Dive off the block to 5m. (Level 2 teacher or a coach to teach)
6. Perform a Turn Back to Breast.
7. Perform 15m minimum headfirst sculling.
8. Perform 10m minimum feet first sculling.
9. Perform 1 width under water Butterfly Kick on back streamline