



## Aqua 1 Skills Sheet

### Skills Development

Enter water confidently and unaided using a swivel entry

Put face in the water and blow bubbles for 5 seconds

Perform 6 bobs submerging the head

Move freely around the pool using a combination of hop, skip and jump

Open eyes under water and identify an object shown by the teacher

Push off from wall to show a horizontal position on the front with face in water with/without aids

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

Climb out of pool without the aid of the steps

### Stroke Development

Travel 5m using an alternating kick with float(s)

Travel 5m using a simultaneous kicking action using a float(s)

Standing in the water with arms stretched in front of shoulders, show an underwater alternating arm action

Travel 3m using alternating kick on front with aid(s)

Travel 3m using alternating kick on back with aid(s)

Using arms and legs travel 3m on front with aid(s)

Using arms and legs travel 3m on back with aid(s)

Knowledge of breaststroke leg action with feet turned out

