



## Aqua 1 Skills Sheet

### Skills Development

Understand basic pool rules

Enter water confidently & unaided using a swivel entry and exit independently, not using steps.

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 and pick up an object shown by the teacher

Lie flat on the front at the surface of the water with support and regain standing position.

Attempt push and glide on front with assistance

### Stroke Development

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

Travel 5m using a simultaneous ( butterfly) kicking action with support

Travel 5m using alternating kick on back with aid(s)

Using arms and legs travel 3m on front with support

Using arms and legs travel 3m on back with support

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

Knowledge of breaststroke leg action with feet turned out