



Aqua 1a Skills Sheet

Skills Development

Jump into the water (minimum of 0.9m) from the side with confidence and without support

Submerge to kneel on pool floor for 5 seconds

Lie flat on the front at the surface of the water without support and regain standing position

Stand with arms in the water stretched in front of shoulder, demonstrate a figure of 8 sculling action - repeat 5 times

With eyes open pick up an object from the pool floor with hesitation and using both hands, minimum depth of 0.9m

From the wall push off with 2 feet and hold streamlined glide on the front for 5 seconds

Hold a tucked floating position for 5 seconds

Stroke Development

Kick 5m on back or front using a dolphin undulating action with toes pointed with or without aid(s)

Kick 5m on front using an alternative action with legs and toes pointed without use of hands

Stand with shoulders under the water and demonstrate a small circular breaststroke action

Using arms and legs travel 5m on back

Standing upright demonstrate a circular backcrawl action

Kick on back using breaststroke circling foot action attempting foot turn out - with aid(s)

Stand in pool demonstrating front crawl arm action

Swim 5m using front crawl arm action