



## Aqua 2 Skills Sheet

### Skills Development

Mushroom float for 10 seconds

On the back using 2 feet push from the wall into a streamlined position and hold stretched position arms overhead in line with the body for a minimum of 5 seconds

From a horizontal flat stretched position rotate through 360 degrees and regain standing position

A feet first surface dive to show complete submersion

A start float on the back and front for 5 seconds

Submerge, move underwater to object 3m away, pick up, surface and return to start carrying the object

Tread water, using hands and feet, for a minimum of 15 seconds, to include 2 x 360 degree turns in vertical position, one in each direction

Start with a push and glide swim underwater through a hoop, covering a distance of 5m

### Stroke Development

Kick 10m using a front crawl leg action, with a float showing correct breathing patterns

Kick 5m using a breaststroke leg action with feet turned out using aid(s)

Kick 10m using a back crawl leg action without a float

Swim 8m full stroke front crawl showing basic technique with regular breathing

Swim 8m, full stroke back crawl showing basic technique with regular breathing

Using a dolphin action, without a float, kick 5m on the front

Stand in water demonstrating fly arm action