



## Aqua 2a Skills Sheet

### Skills Development

Tread water for 20 seconds using arms and legs (dependent on pool depth)

Scull head first for a distance of 5m

Push and glide into a mushroom float for 5 seconds

Swim 5m underwater to collect an object from the pool floor

Attempt a forward somersault

### Stroke Development

Kick 10m fly with hands by sides on front or back

Attempt 5m butterfly swim with arm action and minimal breathing

Kick 15m front crawl showing correct breathing patterns with a float

Swim 15m front crawl with bilateral or unilateral breathing

Kick 10m back crawl in streamlined position

Swim 15m back crawl from a streamlined push and glide

Kick 10m breaststroke with feet turn out using a float

Swim 8m breaststroke with feet turned out, attempting appropriate timing