



## Aqua 2a Skills Sheet

### Skills Development

Tread water for 20 seconds using cycle and breaststroke type leg actions.

Scull head first for a distance of 5m

Push and glide into a mushroom float & hold for 5 seconds

Demonstrate a sitting dive and glide in a streamlined position

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

Attempt a forward somersault from standing position (shallow water)

### 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 frontcrawl in a streamlined position,

Kick 25m front crawl showing correct breathing patterns with a float

Swim 15m front crawl with bilateral and 15m with unilateral breathing

Kick 15m back crawl in streamlined position

Swim 15m back crawl from a streamlined push and glide keeping head still

Kick 10m breaststroke with feet turn out using a float

Swim 10m breaststroke with feet turned out, attempting appropriate timing