



## Aqua 3 Skills Sheet

### Skills Development

A straddle jump entry into water (min depth 1.8m)

Jump with tuck entry into water (min depth 1.8m)

From a head-first surface dive in deep water (1.8m) swim underwater for 5m, pick up an object with both hands, return it to the side and then climb out unaided

Starting with a push and glide demonstrate a forward somersault

Demonstrate a kneeling dive (min depth 1.8m) and swim out 5m

Tread water for 30 seconds, head above water, showing 2 different methods of kicking, one arm out of the water for 10 seconds & followed by 15m swim

Using a pull buoy scull 10m on front in a forward direction

Swim 50m frontcrawl continuously, showing basic technique throughout

Swim 50m backstroke continuously, showing basic technique throughout

Swim 25m either frontcrawl or backcrawl showing good technique

Swim 25m either breaststroke or butterfly showing good technique with regular breathing

### Stroke Development

Kick 2 x 15m frontcrawl using an efficient leg action & lateral breathing (holding a float)

Kick 2 x 15m breaststroke using symmetrical leg action with feet turned out (holding a float)

Kick 2 x 15m using an efficient backcrawl leg action, arms in streamlined position

Swim 15m full stroke breaststroke showing good technique

Swim 2 x 15m frontcrawl showing good technique from correct starting position with push & glide

Swim 2 x 15m back crawl showing good technique from correct starting position with push & glide

Kick 2 x 15m using a butterfly kick, 5m streamlined underwater and 10m at surface arms by sides.

Swim 5m full stroke butterfly showing basic technique