



Aqua 3 Skills Sheet

Skills Development

A straddle jump entry into water of at least 1.8m

From a head first surface dive swim underwater for a distance of 5m and pick up an object using both hands, return the object to the side and then climb out unaided

Starting with a push and glide demonstrate a forward somersault

Jump with tuck entry into the water of at least full height depth (1.8m)

Tread water for 30 seconds, with head above surface throughout, showing 2 different methods of kicking to include on arm out of the water 10 seconds

Swim 50 continuously, smoothly, on own choice of stroke showing basic technique throughout and including one turn

Swim 25m on either front crawl or back crawl showing efficient technique

Swim 25m either breaststroke or butterfly showing efficient technique

Stroke Development

Kick 20m using an efficient front crawl leg action, holding a float

Kick 20m using an efficient breaststroke leg action, using a float

Kick 20m using an efficient back crawl leg action, arms extended

Swim 25m full stroke breaststroke showing basic technique

Swim 25m full stroke front crawl showing basic technique

Swim 25m full stroke back crawl showing basic technique

Kick 20m using a butterfly kick, without a float and without using hands, 5m underwater and 15m at surface,

Swim 5m full stroke butterfly showing basic technique