



## Aqua 4 Skills Sheet

### Skills Development

Two different jumps with body straight on entry to water of at least full reach depth(1.8m), gaining height and taking up a different position in flight selected from straight, tuck, pike, star or turning

From a feet first surface dive swim underwater to retrieve a diving brick from the bottom of the pool (minimum depth full reach height or 1.8m), surface and carry the object for a distance of 10m on the back and land it on the poolside

A plunge dive into water at least 1.8m holding the streamlined position and covering a distance of at least 5m

Tread water and pass a ball accurately to a partner positioned 5m away

Swim 3 for minutes continuously in a circuit, and include the following : one feet first dive, one swim through a hoop (floating just below the surface); tread water for 15 seconds with one arm out of the water throughout, finished by climbing out of the water unaided

### Stroke Development

Swim continuously 50m on each of the strokes showing efficient technique throughout (10-20 second rest to be taken after 50m)

Swim 25m on each of the other 2 strokes showing efficient technique (10-20 second rest to be taken after 25m)

A correct turn for butterfly covering a minimum of 5m before and 5m after the turn

A correct hand touch turn for back crawl covering a distance 5m before and 5m after turn

A correct hand touch turn for breaststroke covering a distance of 5m before and after the turn

Kick 50m on either front or back crawl showing efficient technique. Use a float for front crawl and arms extended above for back crawl

Kick 25m on both breaststroke and butterfly. Use a float for the breaststroke and arms extended in front for butterfly (5-10 second rest to be taken after 25m)

Swim continuously for 150m on any stroke or combination of strokes showing efficient technique throughout (covering a minimum of 25m continuously on any of strokes covered)

A front crawl tumble turn covering a minimum distance of 5m before and 5m after the turn

Complete 25m of each of the following appropriate turn

Butterfly - Back crawl

Back crawl - Breaststroke

Breaststroke - Front crawl

