



Aqua 5 Skills Sheet

Skills Development
3 Pre swim Loosening exercises
Tread water for 1 minute to include one arm out of the water for 30 seconds signalling for help
Swim front crawl, head up, and propel a ball for a distance of 15m, controlling it throughout. At the end of the 15m tread water, pick up the ball with one hand and throw it to land in a floating hoop positioned 5m away
On the back, scull headfirst for 10m, back somersault, and scull feet first 10m, show a star float holding the position for at least 5 seconds
From a push and glide on the back perform a back circle with body stretched throughout
A front crawl racing start, including the correct response to commands and transition to the stroke
A back crawl racing start, including the transition to stroke
A breaststroke racing start including the transition to stroke
Stroke Development
Swim continuously for 5 minutes using 2 different competitive strokes and changing every length between an alternating and simultaneous stroke. Efficient technique must be shown throughout
From a push & glide swim 4 x 50m on front crawl with 10-15 seconds rest between each 50m. Efficient technique and control of stroke and pace must be shown throughout
From a push & glide swim 50m on any stroke and use a pace clock to accurately time the swim
Kick for 3 minutes continuously changing every length between an alternating and simultaneous kick without using hands for propulsion
From a push & glide swim continuously 100m on a stroke other than front crawl, maintaining efficient technique throughout
From a racing start demonstrate an individual medley covering one length on each stroke (minimum 20m on each stroke) efficient technique must be used throughout
A back crawl tumble turn covering a minimum distance of 5m before and after the turn
Swim 4 x 1 length on front crawl or back crawl accurately counting the number of single arm strokes for each length. Rest 15-20 seconds between each length. Must be able to look at clock and time themselves
Swim 150m own choice of stroke showing a correct start, turn and finish and showing efficient technique throughout