



Development 2 Skills Sheet

Skills Development
3 Pre swim loosening exercises
Demonstrate a standing dive into deep water (min 1.8m)
Tread water for 1 minute to include one arm out of the water for 30 seconds signalling for help
Swim front crawl, head up, propelling a ball for a distance of 15m, controlling it throughout. Then 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 head first for 15m, back somersault, and scull feet first 15m, show a star float 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 pullout and transition to stroke
Stroke Development
Swim 100m using 2 different strokes changing every length between an alternating & simultaneous stroke. Good technique throughout
From a push & glide swim 4 x 50m on front crawl with 10-15 seconds rest between each 50m. Show good rhythm, technique and breathing throughout. And using the pace clock to start at 10 sec intervals & to take correct rest.
Pull 25m Frontcrawl using a pull buoy.
From a push & glide swim 50m backstroke showing good rhythm and breathing.
Kick for 3 minutes continuously changing every length between an alternating and simultaneous kick
From a push & glide swim continuously 100m on a stroke other than front crawl, maintaining efficient technique through
From a racing start demonstrate an individual medley covering one length 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 & kick 4 x 25m frontcrawl & backcrawl starting at 10 sec intervals & taking 30 secs rest between each 25m using pace clock.
Swim 150m own choice of stroke showing a correct start, turn and finish and showing efficient technique throughout