

Stage: Level 1

1. Enter and exit the water safely.
2. Demonstrate an understanding of pool rules.
3. Take part in a teacher led game (Simon Says).
4. Move forwards, backwards, sideways for **5m** each.
5. Be at ease with water showered from overhead.
6. Comfortably put face and ears in the water.
7. Blow bubbles a minimum of **3** times rhythmically with nose and mouth submerged.
8. Move into a stretched position using aids or equipment.
9. Regain an upright position from on the back with support.
10. Regain an upright position from on the front with support.
11. Push and glide, to and from the wall with **NO** support.