

## Stage: Level 5

1. Perform a feet first sculling action for **5m**, whilst horizontal, on the back.
2. Tread water for **30** seconds.
3. Perform a jump into deep water.
4. Sink then push away from wall on side and maintain a streamline position.
5. Swim **10m** backstroke.
6. Swim **10m** front-crawl.
7. Swim **10m** breaststroke with arm/leg co-ordination and rhythmical breathing (Pull, Breath, Kick, Glide).
8. Kick **10m** butterfly (arms extended in front).
9. Perform a forward somersault, tucked, in the water.