

## 2. Programme Resources

### Octopus 1

Buoyancy aids may be used

Learning Outcomes	Assessment Standards
1. Answer two water safety questions	
2. Enter the pool safely , steps, ramp, swivel	<ul style="list-style-type: none"> <li>• Vertical ladder steps – walking down backwards</li> <li>• Angled flight – walking slowly forward</li> <li>• Swivel entry- safe and controlled</li> </ul>
3. Move through the water confidently in different ways – walk, hop, jump, skip, gallop, march	<ul style="list-style-type: none"> <li>• Move freely around lesson area with buoyancy aids or teacher support</li> </ul>
4. Use a woggle and swim front paddle and back paddle for 5 metres	<ul style="list-style-type: none"> <li>• Alternating legs</li> <li>• Arms scooping (prone)</li> <li>• Arms sculling in figure of eight (supine)</li> <li>• Chin in the water (prone) Ears in the water (supine)</li> </ul>
5. Push and glide on the front and back	<ul style="list-style-type: none"> <li>• Arms and legs straight</li> <li>• Chin resting on water or face in water (prone)</li> <li>• Hair in water (supine)</li> </ul>
6. Attempt a simultaneous circle action with legs while on the back for 2 metres, using a woggle or floats	<ul style="list-style-type: none"> <li>• Simultaneous action</li> <li>• Legs make circles</li> </ul>
7. Travel under a woggle bridge and through a shower created by a watering can	<ul style="list-style-type: none"> <li>• Arms and legs propel body</li> <li>• Move through the shower without distress</li> </ul>
8. Return to standing from a star float on the back	<ul style="list-style-type: none"> <li>• Float position held briefly</li> <li>• Arms and legs wide, hair in water</li> <li>• Return to a vertical position</li> </ul>
9. Perform a treading water action with legs using a woggle (sea horses), or floats	<ul style="list-style-type: none"> <li>• Maintain an upright position</li> </ul>
10. Exit the pool safely and unassisted	<ul style="list-style-type: none"> <li>• Walking forwards up the steps unassisted</li> </ul>



## 2. Programme Resources

### Octopus 2

Buoyancy aids may be used

Learning Outcomes	Assessment Standards
1. Answer 2 water safety questions	
2. Enter the pool safely with a step or jump	<ul style="list-style-type: none"> <li>• Safe entry</li> <li>• With assistance as necessary</li> </ul>
3. Swim 2 metres front paddle, and 2 metres back paddle, unaided	<ul style="list-style-type: none"> <li>• Alternating legs</li> <li>• Alternating scooping of arms (prone) or sculling (supine)</li> <li>• No buoyancy aids or assistance</li> </ul>
4. Use a woggle to kick across pool while blowing bubbles	<ul style="list-style-type: none"> <li>• Alternating action</li> <li>• Visible bubbles</li> </ul>
5. Demonstrate front crawl arm action while standing	<ul style="list-style-type: none"> <li>• Alternating action</li> <li>• Entry forward of the head</li> <li>• Pull through to thigh</li> <li>• Elbow exit, recover over the water</li> </ul>
6. Demonstrate back crawl arm action while standing	<ul style="list-style-type: none"> <li>• Alternating action</li> <li>• Arm straight</li> <li>• Thumb out, little finger in</li> <li>• Pull down to side of leg</li> </ul>
7. Push and glide on the front with face in the water	<ul style="list-style-type: none"> <li>• Arms and legs straight</li> <li>• Horizontal body position</li> <li>• No buoyancy aids or assistance</li> </ul>
8. Push and glide on the back arms by the side	<ul style="list-style-type: none"> <li>• Arms and legs straight</li> <li>• Ears in water</li> <li>• No buoyancy aids or assistance</li> </ul>
9. Rotate from back float to front float, and return back to a back float, using a woggle	<ul style="list-style-type: none"> <li>• Horizontal body position</li> <li>• Hair in water (supine) or Face in the water (prone)</li> <li>• Arms and legs straight</li> <li>• Tuck and roll forward</li> <li>• Floating positions held briefly</li> </ul>
10. Submerge under water and retrieve an object	<ul style="list-style-type: none"> <li>• Participants must fully submerge</li> <li>• Depth of approximately 1 metre</li> </ul>



## 2. Programme Resources

### Octopus 3

Buoyancy aids may NOT be used unless otherwise stated

Learning Outcomes	Assessment Standards
1. Answer 2 water safety questions	
2. Enter the water with a step or jump entry, turn around and swim back to poolside	<ul style="list-style-type: none"> <li>• Safe entry without assistance</li> <li>• Once in pool, rotate through 180°</li> <li>• Any stroke or paddle</li> </ul>
3. Push and glide into either front crawl or breaststroke for 5 metres	<ul style="list-style-type: none"> <li>• Arms and legs straight and together during glide</li> <li>• Face in water during glide</li> <li>• Over water arm recovery for front crawl</li> <li>• Simultaneous circular movement of arms and legs for breaststroke</li> </ul>
4. Push and glide into back crawl and swim for 5 metres	<ul style="list-style-type: none"> <li>• Arms and legs straight and together</li> <li>• Arms by side or over the head</li> <li>• Alternating action of arms and legs</li> <li>• Arm recovery over the water</li> </ul>
5. Perform a star float on the front or back and hold for 3 seconds	<ul style="list-style-type: none"> <li>• Horizontal position</li> <li>• Arms and legs straight and wide</li> <li>• Face in the water (prone) Ears in the water (supine)</li> </ul>
6. Perform dolphin leg kick on the front or back for 2 metres	<ul style="list-style-type: none"> <li>• Simultaneous kick with legs together</li> <li>• Arms may be by sides or held over the head</li> </ul>
7. Scull head first using a woggle	<ul style="list-style-type: none"> <li>• Legs still</li> <li>• Streamlined body</li> </ul>
8. Attempt breaststroke - may use a woggle for support	<ul style="list-style-type: none"> <li>• Arms and legs move in a circular simultaneous pattern</li> </ul>
9. Tread water for 10 seconds	<ul style="list-style-type: none"> <li>• Upright position</li> <li>• Mouth clear of water</li> </ul>
10. Swim forward for 2 metres and then roll onto back, swim on the back for 2 metres and roll into a standing position (regaining feet)	<ul style="list-style-type: none"> <li>• Rotation may be horizontal or vertical</li> <li>• Any stroke or paddle</li> <li>• Participants must finish in a vertical position</li> </ul>

# 2. Programme Resources

## Goldfish 1

**Buoyancy aids may NOT be used unless otherwise stated**

Learning Outcomes	Assessment Standards
1. Answer 2 water safety questions	
2. Enter the water, tread water for 5 seconds then swim to poolside	<ul style="list-style-type: none"> <li>• Safe entry</li> <li>• Head above water for 5 seconds</li> <li>• Any stroke or paddle</li> </ul>
3. Push and glide and hold the streamlined position for 5 seconds	<ul style="list-style-type: none"> <li>• Arms and legs straight and together</li> <li>• Face in water (prone) or ears in water (supine)</li> </ul>
4. Push and glide or swim to the bottom of the pool to retrieve an object	<ul style="list-style-type: none"> <li>• Arms and legs straight and together</li> <li>• Retrieve from approximate depth of 1 metre</li> </ul>
5. Swim 5 metres on front, roll over and swim 5 metres on back	<ul style="list-style-type: none"> <li>• Any stroke or paddle</li> <li>• Smooth rotation from front to back</li> </ul>
6. Perform dolphin leg kick on the front or back for 5 metres	<ul style="list-style-type: none"> <li>• Legs together, simultaneous up and down action</li> <li>• Arms may be by sides or held over the head</li> </ul>
7. Scull head first for 2 metres	<ul style="list-style-type: none"> <li>• Streamlined body position with hips just below the surface</li> <li>• Legs straight and together</li> <li>• Ears in water</li> </ul>
8. Scull feet first, using a woggle for support	<ul style="list-style-type: none"> <li>• Streamlined body position with hips below the surface</li> <li>• Legs together and still</li> <li>• Ears in water</li> </ul>
9. Show rhythmical breathing in front crawl for 10 metres, using a woggle or float	<ul style="list-style-type: none"> <li>• Regular breathing rhythm</li> <li>• Head turns to the side to inhale</li> <li>• Exhalation takes place in the water, eyes forward</li> </ul>
10. Swim a recognisable breaststroke for 5 metres	<ul style="list-style-type: none"> <li>• Simultaneous, circular arm and leg action</li> </ul>



## 2. Programme Resources

### Goldfish 2

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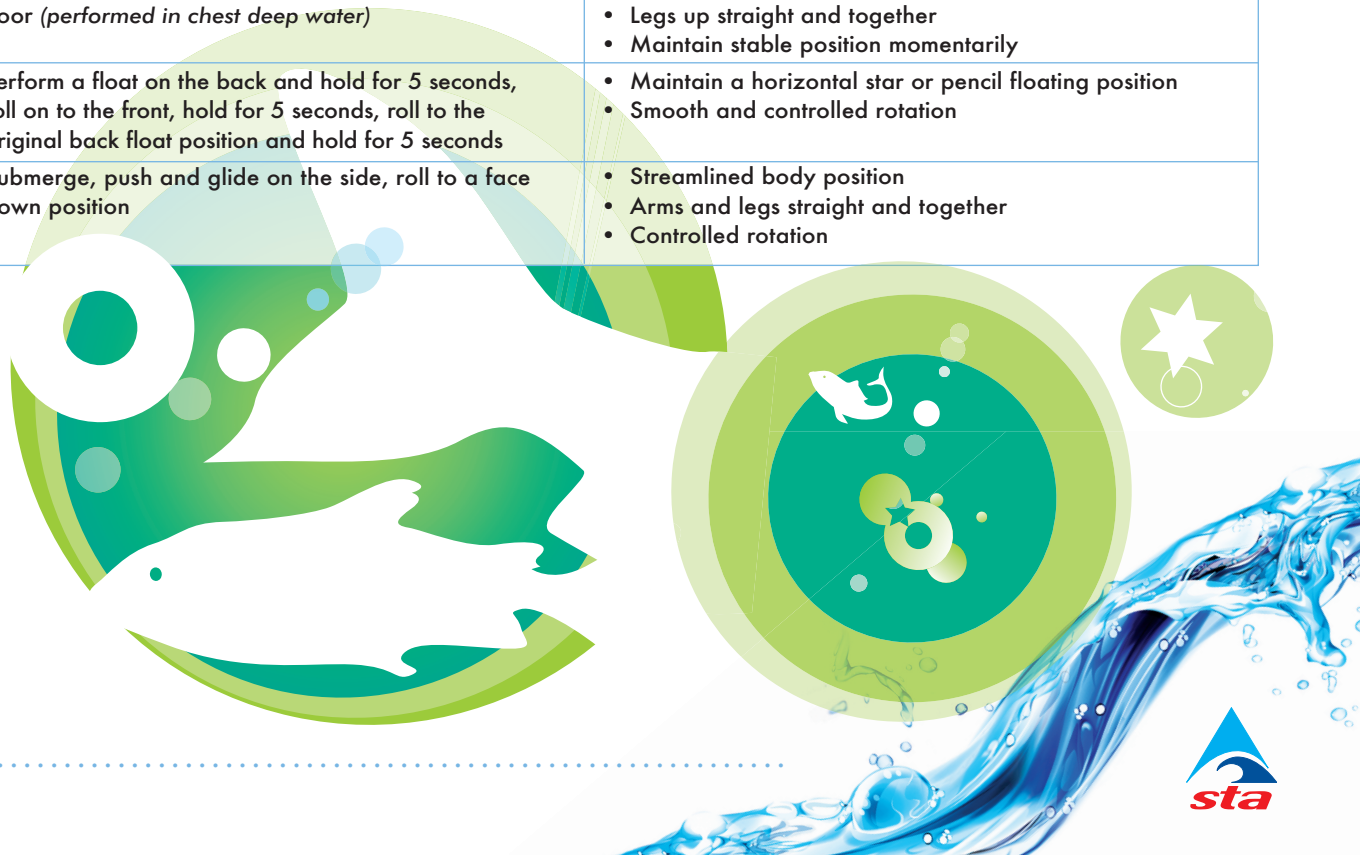
Learning Outcomes	Assessment Standards
1. Answer 2 water safety questions	
2. Perform a back float, tuck to a front float and return to a standing position	<ul style="list-style-type: none"> <li>Star or pencil float</li> <li>Horizontal body position</li> <li>Ears in the water (supine) or face in the water (prone)</li> <li>Return to a vertical position</li> </ul>
3. Scull head first for 5 metres, and feet first for 3 metres	<ul style="list-style-type: none"> <li>Legs together, straight and still</li> <li>Streamlined body position</li> </ul>
4. Push and glide on the back, tuck, rotate to the front and return to the starting point	<ul style="list-style-type: none"> <li>Arms and legs straight and together</li> <li>Streamlined body position</li> <li>Smooth, controlled rotation</li> <li>Any recognised stroke</li> </ul>
5. Swim 10 metres of a recognised front stroke either front crawl or breaststroke ( <i>participant's first choice</i> )	<p><b>Front Crawl</b></p> <ul style="list-style-type: none"> <li>Arms recover over the water, elbows high</li> <li>Continuous, alternating leg action <b>Breaststroke</b></li> <li>Simultaneous arm action</li> <li>Simultaneous leg action</li> <li>Participants attempts dorsi-flexion of feet</li> </ul>
6. Swim 10 metres of back crawl	<ul style="list-style-type: none"> <li>Streamlined body position, ears in the water hips just below surface</li> <li>Alternating and continuous arm and leg action</li> <li>Straight arms and legs</li> <li>Arms recover over the water</li> </ul>
7. Swim 5 metres of a recognised front stroke ( <i>participant's second choice</i> )	<ul style="list-style-type: none"> <li>As above</li> </ul>
8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up	<ul style="list-style-type: none"> <li>Streamlined body position</li> <li>Arms together, legs together</li> <li>Toes pointed</li> <li>Hands breaking the water first</li> </ul>
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position	<ul style="list-style-type: none"> <li>Knees and head tucked in</li> <li>Star or pencil float</li> <li>Face in the water</li> <li>Horizontal body position</li> <li>Toes pointed</li> <li>Finish in a vertical position</li> </ul>
10. Enter the water with a step or jump entry, swim 5 metres on the front, then swim to poolside and exit water safely	<ul style="list-style-type: none"> <li>Safe straddle or pencil entry</li> <li>Any recognised prone stroke</li> </ul>

# 2. Programme Resources

## Goldfish 3

Buoyancy aids may NOT be used unless otherwise stated

Learning Outcomes	Assessment Standards
1. Answer 2 water safety questions	
2. Perform 2 different types of entries and tread water for 15 seconds each time ( <i>performed in shoulder deep water</i> )	<ul style="list-style-type: none"> <li>• Safe entry: straddle, compact, pencil, star,</li> <li>• Head above water</li> </ul>
3. Swim 15 metres of back crawl	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Ears in the water</li> <li>• Hips just beneath the surface</li> <li>• Alternating and continuous movement of the arms and legs</li> <li>• Arms recover straight over the water</li> <li>• Straight legs</li> </ul>
4. Swim 15 metres of a recognised front stroke either front crawl or breaststroke	<p><b>Front Crawl:</b></p> <ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Arm recovers over the water</li> <li>• Thumb/fingers enter first</li> <li>• Face in the water attempting side breathing</li> </ul> <p><b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>• Simultaneous arm action</li> <li>• Simultaneous leg action</li> <li>• Dorsi-flexed ankles</li> <li>• Circular leg action</li> <li>• Head must break the surface every stroke</li> </ul>
5. Swim 10 metres holding a float under each arm, using lifesaving backstroke leg kick	<ul style="list-style-type: none"> <li>• In a seated position</li> <li>• Simultaneous circular action of the legs</li> <li>• Dorsi- flexed ankles</li> </ul>
6. Swim 5 metres dolphin leg kick on front	<ul style="list-style-type: none"> <li>• Legs together moving simultaneously</li> <li>• Arms by sides or held over the head</li> </ul>
7. Swim 5 metres dolphin leg kick on back	<ul style="list-style-type: none"> <li>• Legs together moving simultaneously</li> <li>• Arms by sides or held over the head</li> </ul>
8. Perform a handstand with both hands on the pool floor ( <i>performed in chest deep water</i> )	<ul style="list-style-type: none"> <li>• Hands on pool floor</li> <li>• Legs up straight and together</li> <li>• Maintain stable position momentarily</li> </ul>
9. Perform a float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds	<ul style="list-style-type: none"> <li>• Maintain a horizontal star or pencil floating position</li> <li>• Smooth and controlled rotation</li> </ul>
10. Submerge, push and glide on the side, roll to a face down position	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Arms and legs straight and together</li> <li>• Controlled rotation</li> </ul>



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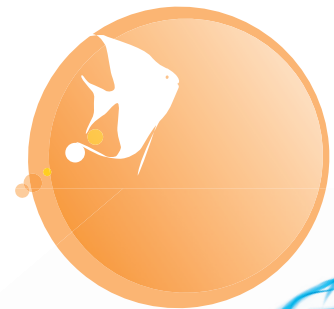
### Angelfish 1

Learning Outcomes	Assessment Standards
1. Be rescued by a reaching aid	<ul style="list-style-type: none"> <li>Swimming teacher demonstrates rescue</li> <li>Participants to follow swimming teacher's instructions</li> </ul>
2. Perform a straddle entry and tread water for 30 seconds. If water too shallow substitute step entry and support scull for 30 seconds.	<ul style="list-style-type: none"> <li>Head above water for straddle entry</li> <li>Sculling arm action and appropriate leg action</li> <li>Mouth clear of the water</li> </ul>
3. Push and glide into a forward somersault	<ul style="list-style-type: none"> <li>Somersault in tucked position 270° minimum</li> </ul>
4. Scull head first for 5 metres and feet first for 5 metres	<ul style="list-style-type: none"> <li>Hips up</li> <li>Legs still and together</li> </ul>
5. Swim 15 metres of a recognised front stroke with correct breathing ( <i>participant's choice</i> )	<p><b>Front crawl</b></p> <ul style="list-style-type: none"> <li>Alternating arm and leg action</li> <li>Arms recovering over the water</li> <li>Breathing to one side</li> </ul> <p><b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>Simultaneous and circular arm and leg action</li> <li>Dorsi-flexed ankles</li> </ul>
6. Swim 10 metres front stroke with correct breathing ( <i>participant's second choice</i> )	As above
7. Swim 20 metres of back crawl	<ul style="list-style-type: none"> <li>Continuous alternating arm and leg action</li> <li>Little finger first on entry</li> <li>Straight legs, toes pointed</li> </ul>
8. Swim 10 metres on the front, using dolphin leg kick, without aids	<ul style="list-style-type: none"> <li>Simultaneous action, legs together</li> </ul>
9. Start in a crouch position in the water, spring up before gliding to bottom of pool, then glide to surface	<ul style="list-style-type: none"> <li>Maintain streamlined position</li> <li>Spring up and submerge completely</li> <li>Arms extended above head</li> </ul>
10. Swim 5 metres of lifesaving backstroke without aids	<ul style="list-style-type: none"> <li>Simultaneous, circular leg action</li> <li>Dorsi-flexed ankles</li> <li>Sculling arm action</li> </ul>



# 2. Programme Resources

Angelfish 2	
Learning Outcomes	Assessment Standards
1. Be rescued by catching a buoyant aid	<ul style="list-style-type: none"> <li>Swimming teacher to demonstrate rescue</li> <li>Participants to follow swimming teacher's instructions</li> </ul>
2. Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt. If the water is too shallow, substitute step entry and support scull for 30 seconds and a 360° turn in a vertical position while wearing a T-shirt	<ul style="list-style-type: none"> <li>Head above the water for straddle entry</li> <li>Treading water- sculling arm action</li> <li>Mouth clear of the water</li> </ul>
3. Swim 5 metres perform a forward somersault and continue to swim forward for 5 metres	<ul style="list-style-type: none"> <li>Swim any recognised front stroke</li> <li>360° rotation in tucked position</li> </ul>
4. Swim 20 metres of a recognised front stroke using a correct touch finish ( <i>participant's choice</i> )	<p><b>Front crawl</b></p> <ul style="list-style-type: none"> <li>Alternating arm and leg action</li> <li>Recover with high elbow over the water</li> <li>Breathing unilaterally or bilaterally</li> <li>One hand touch to finish</li> </ul> <p><b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>Simultaneous and circular arm and leg action</li> <li>Dorsi-flexed ankles</li> <li>Two-handed touch to finish</li> </ul>
5. Swim 15 metres of a recognised front stroke using a correct touch finish ( <i>participant's second choice</i> )	As above
6. Swim 20 metres of back crawl using a correct touch finish	<ul style="list-style-type: none"> <li>Continuous alternating arm and leg action</li> <li>Straight arm recovery</li> <li>Little finger first on entry</li> <li>Straight legs, toes pointed</li> <li>One hand touch while on the back to finish</li> </ul>
7. Swim 5 metres on the back using a double arm action and dolphin leg kick	<ul style="list-style-type: none"> <li>Legs together, simultaneous up and down action</li> <li>Arms recover simultaneously over the water</li> </ul>
8. Swim 5 metres on the side using a dolphin leg kick	<ul style="list-style-type: none"> <li>Simultaneous action with legs together</li> <li>Arms extended or side by side (<i>one or both</i>)</li> </ul>
9. Start in a crouch position in the water, spring up before gliding to the bottom of the pool, tuck and place both feet on the bottom of the pool and spring up ( <i>perform in chest deep water</i> )	<ul style="list-style-type: none"> <li>Maintain streamlined body position</li> <li>Fully submerge during glide</li> <li>Arms above head for second spring</li> </ul>
10. Swim underwater for 5 metres	<ul style="list-style-type: none"> <li>Participants must be completely submerged</li> </ul>



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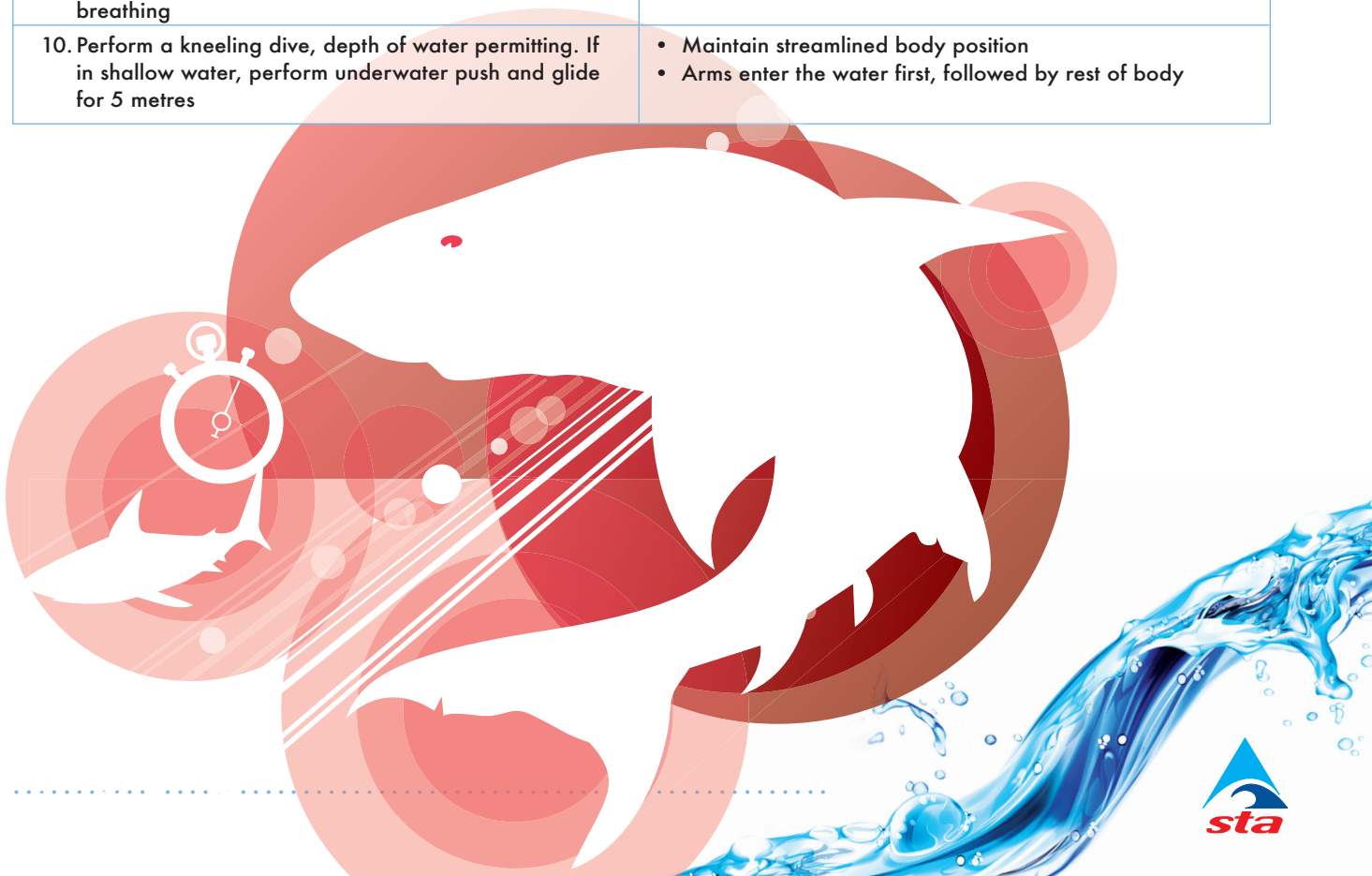
Angelfish 3	
Learning Outcomes	Assessment Standards
1. Be rescued by catching a rope	<ul style="list-style-type: none"> <li>Teacher to demonstrate rescue</li> <li>Participants to follow teacher's instructions</li> </ul>
2. Perform a straddle entry and tread water for 30 seconds while wearing a T-shirt. Remove the T-shirt and climb out unassisted. If the water is too shallow, substitute step entry and support scull	<ul style="list-style-type: none"> <li>Head out of the water during straddle entry</li> <li>Participants must complete whole sequence without touching the pool floor or side</li> <li>Climb out without the use of the steps</li> </ul>
3. Perform a head-first and feet-first surface dive. If in shallow water, perform an underwater push and glide to pool floor	<ul style="list-style-type: none"> <li>Participants must completely submerge without assistance</li> </ul>
4. Scull feet first for 10 metres and head first for 10 metres	<ul style="list-style-type: none"> <li>Streamlined body position</li> <li>Legs straight and still</li> </ul>
5. Swim 25 metres back crawl using a correct finish	<ul style="list-style-type: none"> <li>Continuous alternating arm and leg action</li> <li>Straight arm recovery</li> <li>Little finger first on entry</li> <li>Straight legs, toes pointed</li> <li>One hand touch whilst in supine position to finish</li> </ul>
6. Swim 25 metres of a recognised front stroke, incorporating a correct finish; ( <i>participant's choice</i> )	<p><b>Front crawl</b></p> <ul style="list-style-type: none"> <li>Alternating arm and leg action</li> <li>Breathing unilaterally or bilaterally</li> <li>One hand touch to finish</li> </ul> <p><b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>Simultaneous and circular arm and leg action</li> <li>Dorsi-flexed ankles</li> <li>Two-handed touch to finish</li> </ul>
7. Swim 20 metres of recognised front stroke incorporating a correct finish; ( <i>participant's second choice</i> )	As above
8. Swim 5 metres of butterfly	<ul style="list-style-type: none"> <li>Simultaneous dolphin leg action</li> <li>Simultaneous arm action with over the water recovery</li> </ul>
9. Push and glide into a handstand – must be performed in chest-deep water	<ul style="list-style-type: none"> <li>Demonstrate a controlled, streamlined position</li> <li>Ankles together legs straight out of the water</li> </ul>
10. Perform a sitting dive, depending on the depth of water. If in shallow water, perform underwater push and glide, roll onto back while underwater and surface in a back glide	<ul style="list-style-type: none"> <li>Arms enter the water first</li> <li>Maintain streamlined body position</li> </ul>



## 2. Programme Resources

### Shark 1

Learning Outcomes	Assessment Standards
1. Perform a shout and signal rescue to a weak swimmer 5 metres away	<ul style="list-style-type: none"> <li>• Clear instructions</li> <li>• Successfully bring casualty to poolside</li> </ul>
2. Enter the water with a slide in entry, swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt, and climb out	<ul style="list-style-type: none"> <li>• Participants to complete sequence without touching poolside or pool floor</li> <li>• Any recognised prone stroke may be used</li> <li>• Climb out without the use of steps</li> </ul>
3. Swim 5 metres of a recognised front stroke, perform a head first surface dive and swim 5 metres underwater	<ul style="list-style-type: none"> <li>• Participants must be completely submerged for five metres following surface dive</li> </ul>
4. Swim 5 metres of a recognised front stroke, perform a feet first surface dive, tuck, and swim 5 metres underwater	<ul style="list-style-type: none"> <li>• Participants must be completely submerged for five metres following surface dive</li> </ul>
5. Swim 50 metres of a recognised front stroke ( <i>participant's choice</i> )	<p><b>Front crawl</b></p> <ul style="list-style-type: none"> <li>• Alternating arm and leg action, arms recovering over the water with high elbow</li> <li>• Breathing unilaterally or bilaterally</li> <li>• One hand touch to finish</li> </ul> <p><b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>• Simultaneous and circular arm and leg action</li> <li>• Dorsi-flexed ankles</li> <li>• Correct timing- pull, breathe, kick, glide</li> </ul>
6. Swim 50 metres of back crawl	<ul style="list-style-type: none"> <li>• Streamlined body position</li> <li>• Continuous alternating arm and leg action</li> <li>• Thumb out, little finger in first</li> </ul>
7. Swim 25 metres of a recognised front stroke: ( <i>participant's second choice</i> )	As above
8. Swim 25 metres of Old English backstroke	<ul style="list-style-type: none"> <li>• Simultaneous arm and leg action</li> <li>• Arms recover over the water</li> </ul>
9. Swim 25 metres of front crawl demonstrating bilateral breathing	<ul style="list-style-type: none"> <li>• As above, breathing every 3rd or 5th stroke</li> </ul>
10. Perform a kneeling dive, depth of water permitting. If in shallow water, perform underwater push and glide for 5 metres	<ul style="list-style-type: none"> <li>• Maintain streamlined body position</li> <li>• Arms enter the water first, followed by rest of body</li> </ul>



## 2. Programme Resources

### Shark 2

Learning Outcomes	Assessment Standards
1. Perform a reaching rescue to a casualty up to 2 metres from the side	<ul style="list-style-type: none"> <li>Lying on front</li> <li>Safely land casualty</li> </ul>
2. Throw buoyant aid 3 metres to a target point in the pool	<ul style="list-style-type: none"> <li>Accurate throw</li> </ul>
3. Enter the water with a step in entry, swim 10 metres of a recognised stroke in a T-shirt and shorts, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted	<ul style="list-style-type: none"> <li>Complete the whole sequence without touching poolside or pool floor</li> <li>Tread water with face clear of the water</li> <li>Participants must be completely submerged during under water swim</li> <li>Use any recognised stroke</li> </ul>
4. Swim 75 metres, performing 3 recognised strokes with a smooth transition and the correct turns	<ul style="list-style-type: none"> <li>Each stroke must be swum according to FINA rules including the start, finish and turns</li> </ul>
5. Scull head first for 20 metres	<ul style="list-style-type: none"> <li>Streamlined body position</li> <li>Legs straight and still</li> </ul>
6. Swim 10 metres of butterfly	<ul style="list-style-type: none"> <li>Simultaneous arm and leg action</li> <li>Arms recover over the surface of the water</li> </ul>
7. Wearing a T-shirt and shorts, swim 20 metres of side stroke	<ul style="list-style-type: none"> <li>Swim on the side</li> <li>Alternating arm action</li> <li>Scissor leg action</li> </ul>
8. Perform a plunge dive; swim width of pool or 7 metres, depth of water permitting. <i>If shallow water submerge and push and glide on your side, roll onto the back and return to the surface with dolphin leg kick</i>	<ul style="list-style-type: none"> <li>Streamlined body position</li> <li>Arms above head</li> <li>Hands enter the water first</li> </ul>
9. Swim 4 x 1 width of individual medley incorporating the appropriate transition procedure at the end of each stroke	<ul style="list-style-type: none"> <li>In compliance with FINA rules</li> </ul>
10. Perform a backwards somersault	<ul style="list-style-type: none"> <li>Tucked position</li> <li>Surface facing the same direction</li> </ul>



## 2. Programme Resources

### Shark 3

Learning Outcomes	Assessment Standards
1. Throw a rope more than 5 metres	
2. Enter the water with a straddle entry, swim 25 metres of a recognised stroke in a T-shirt and shorts, tread water or support scull for 1 minute, tread water for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing. If in shallow water, substitute straddle jump for step-in or slide-in entry	<ul style="list-style-type: none"> <li>• To be performed continuously without touching pool side or floor</li> <li>• Tread water with mouth clear of the water</li> <li>• Participants completely submerged during underwater swim</li> </ul>
3. Swim 100 metres of a recognised stroke on the front, with correct start, turns, and finish. Participant's choice	<ul style="list-style-type: none"> <li>• In compliance with FINA rules</li> </ul>
4. Swim 50 metres of a recognised front stroke with correct start, turns and finish. Participant's second choice	<ul style="list-style-type: none"> <li>• In compliance with FINA rules</li> </ul>
5. Swim 100 metres of back crawl with correct start, turns and finish	<ul style="list-style-type: none"> <li>• In compliance with FINA rules</li> </ul>
6. Swim 25 metres of a fourth recognised stroke not undertaken in the other tests	<ul style="list-style-type: none"> <li>• In compliance with FINA rules</li> </ul>
7. Swim 4 x 1 length of individual medley, incorporating the transition procedure at the end of each stroke	<ul style="list-style-type: none"> <li>• In compliance with FINA rules</li> </ul>
8. Perform a competitive start for two separate strokes using two different stances	<ul style="list-style-type: none"> <li>• In compliance with FINA rules</li> </ul>
9. Swim 50 metres of side stroke or old English backstroke	<p><b>Side Stroke</b></p> <ul style="list-style-type: none"> <li>• On side</li> <li>• Alternating arm action</li> <li>• Scissor leg action</li> </ul> <p><b>Old English Backstroke</b></p> <ul style="list-style-type: none"> <li>• Simultaneous arm and leg action with over arm recovery</li> </ul>
10. Perform a head first surface dive and pick up a sinkable toy from the bottom of the pool, <i>minimum depth of 1.5 metres</i>	<ul style="list-style-type: none"> <li>• Retrieve item on first attempt</li> </ul>

