

SKILL PROGRESSIONS - KICKERS 1 AND 2 (Stanley 1-4)

Lessons should focus on the basic principals: Propulsion, Rotation, Flotation, Breathing, Water Safety and Entries and Exits. A range of these topics can be worked on in each class and may overlap in terms of skills.

These skills are based on the lesson format with a parent in the water. Parents will begin to leave the water around this time onwards depending on each individual's readiness. (Please note that some of these skills may then need to be adapted or won't be included if parents have already left the water)

Kickers 1 and 2 classes should provide opportunities for more independent work where appropriate either on woggles/floats or with independent entries, movements and short 123 swims.

SKILL	PROGRESSIONS
BACK SWIMMING	REVERSE KICKING WITH BALL
	KICKING FROM SITTING ON THE MAT
	KICKING FROM SITTING ON THE WALL
	TORPEDOES
	TORPEDOES INTO BACK SWIMMING
	MIRROR WORK
HUMPTY DUMPTY	INDEPENDENT SPLASH IN
	TOYS TO CHASE ON ENTRY
	ENTER AND HOLD ON
	WOGGLE ROUND FRONT ENTRY
	ENTER TO WOGGLE IN THE WATER
	WOGGLE ROUND BACK AND ENTER
	WOGGLE ROUND BACK AND ENTER AND SWIM
SWIM POSITION	SIDE SWIM
	ACTIVE SWIM
	DOLPHIN NOSES WITH BALL
	LITTLE HARBOUR

SKILL	PROGRESSIONS
MOVING ACROSS THE MAT	WALK ACROSS THE MAT
	RUN AND JUMP OFF THE MAT
	JUMP AND TURN TO HOLDING ON
	JUMP AND BEGIN TO RESURFACE UNAIDED
TIGER ARMS	CHASING TOYS
	CHASING TOYS INTO POUNCE
	SLEEPY TIGERS
	INDEPENDENT ARMS
MMM	MMM TO A TOY ON POOLSIDE
	INDEPENDENT MMM
	MMM AFTER HOLDING ON/REACHING FOR THE WALL
WOGGLE SKILLS	WOGGLE HORSEY HORSEY
	WOGGLE SWIMS PARENT FACING
	WOGGLE ROUND BACK, PARENT FACING
	WOGGLE ROUND BACK PARENT AT THE SIDE
	WOGGLE SWIMS CHASE PARENT OR TOY
	WOGGLE SWIMS ROUND FRONT AND CHASE TOY
	RIDING BICYCLES
	INDEPENDENT WOGGLE SWIMS TO CHASE PARENT
123 SWIMS	TEACHER TO PARENT ON THE SURFACE
	TEACHER TO PARENT LESS SUPPORT
	TEACHER TO PARENT FACE DIP
	TEACHER TO PARENT FULL DIP WITH SUPPORT
	TEACHER TO PARENT RELEASE
DIVE	DIVE FROM THE WALL SUPPORTED
	DIVE FROM THE WALL INDEPENDENTLY

SKILL	PROGRESSIONS
	DIVE FROM THE WALL SUPPORTED WITH TOY ON SURFACE
	DIVE FROM THE WALL INDEPENDENTLY WITH TOY ON SURFACE
	DIVE FROM THE WALL, RESURFACE AND COLLECT TOY FROM JUST UNDER THE SURFACE
ENTRY	SIT OR STAND ON MAT TO WAIT FOR PARENT
	USE STEPS
EXIT	SIT OR STAND ON MAT TO WAIT FOR PARENT
	USE STEPS