



Performance Criteria

NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.
- While performing jump in entries, encourage swimmers to bend knees and absorb the shock of impact, as well as jump away from walls, never toward them.

FITNESS ACTIVITIES

NOTE: Must incorporate one item from below in each lesson.

FLUTTER KICK 5M (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Maintains near-horizontal body position
- Kicks on front or back or uses a combination
- Starts kick from hip
- Moves legs in opposite up and down motion

DISTANCE SWIM 5M

NOTE: Proper techniques are encouraged and practised but NOT evaluated.

- Chooses front or back swim
- Uses any arm or leg movement
- Focuses on proper body position and flutter kick
- Body approaches horizontal on front or back
- Exhales underwater
- Completes distance

SKILLS AND WATER SAFETY

Prepare! Stay Safe! Survive!

FACILITY/SITE ORIENTATION

- Identifies shallow water, deep water, meeting place, and hazards particular to swimming area
- Waits for Instructor's permission to enter the water

SUPERVISION

- Explains why adult supervision is important when in, on, and around the water

SHALLOW WATER ENTRIES AND EXITS

NOTE: Instructor may assist, hold hands.

NOTE: Progression is from assisted to unassisted.

- Makes sure an adult (Instructor) is already in the water and ready
- Performs shallow water entries and exits, appropriate to the facility/site, e.g., wading in, using ramp, stepping off ladder, jumping in, slipping in from seated position at water level
- Demonstrates safe exits

SUBMERGE HEAD

NOTE: This skill is performed without goggles.

- Puts entire head in the water for at least 3 seconds
- Opens eyes underwater

EXHALE THROUGH MOUTH AND/OR NOSE

- Exhales/blows bubbles through mouth and/or nose, just below the surface
- Exhales through mouth and/or nose with entire head in the water

SWIMMING

RHYTHMIC BREATHING 5 TIMES

NOTE: Encourage swimmer to turn head to side during inhalation.

- Exhales through mouth and/or nose underwater and inhales through mouth just above surface
- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on EACH repetition
- Performs at least 5 repetitions in any body position

FRONT FLOAT AND RECOVERY 3 SEC

NOTE: This skill is performed without goggles.

- Assumes stable floating position on front with face in water
- Floats for at least 3 seconds, in a relaxed manner
- Comfortably recovers to vertical position

FRONT GLIDE 5 SEC

NOTE: Instructor may provide minimal assistance to start glide.

- Glides on front for at least 5 seconds with face in water, in a relaxed manner
- Maintains streamlined body position, with arms fully extended in front of head
- Comfortably recovers to vertical position

FRONT GLIDE WITH KICK 5M

NOTE: Instructor may provide minimal assistance to start glide.

- Performs front glide with basic flutter kick: opposite up and down leg motions
- Performs kick for at least 5m, with body approaching horizontal
- Fully extends arms over head; maintains streamlined body position
- Exhales underwater

BACK FLOAT AND RECOVERY 3 SEC

NOTE: This skill is performed without goggles.

- Assumes stable floating position on back, ears in the water
- Floats for at least 3 seconds, in a relaxed manner
- Comfortably recovers to vertical position

BACK GLIDE 5 SEC

NOTE: Instructor may provide minimal assistance to start glide.

- Glides on back for at least 5 seconds, in a relaxed manner
- Maintains streamlined body position with arms and hands resting along side of body
- Comfortably recovers to vertical position

ROLL-OVER GLIDES 5 SEC (ASSISTED)

NOTE: Instructor may assist or swimmer may use aid (kickboard, water noodle, etc.).

- Glides on front with face in water, then rolls over to back and glides (or floats)
- Exhales through mouth and/or nose when face is in water and inhales through mouth when face is out
- Repeats back to front glide
- Glides in streamlined and relaxed manner
- Starts roll with head and shoulders
- Comfortably recovers to vertical position

FRONT SWIM 5M

- Swims 5m using any arm or leg movement or combination of movement