

WATER

CREATE-A-CHALLENGE

6 - 10 years

Safety

Know the safety rules & where it is safe to swim locally

Enter Pool

Without using the steps, demonstrate a controlled entry into at least 1 metre of water

Short Swim

Swim 10 metres on your front

Tread Water

Tread water for 30 seconds in a vertical position

Water Skills

Float still in the water for 30 seconds

Distance Swim

Swim 25 metres without stopping

Swimming Activity

Take part in an organised swimming activity (such as school swimming sports)

WATER

CREATE-A-CHALLENGE

10 - 11 years

Safety

Know the safety rules & where it is safe to swim locally

Enter Pool

Without using the steps, demonstrate a controlled entry into at least 1.5 metres of water

Short Swim

Swim 10 metres on your front

Tread Water

Tread water for 30 seconds in a vertical position

Water Skills

Float still in the water for 30 seconds

Demonstrate your ability to retrieve an object from deep water

Perform a push & glide on both your front & your back

Distance Swim

Swim 25 metres without stopping

Swimming Activity

Take part in an organised swimming activity (such as school swimming sports)

WATER CREATE-A-CHALLENGE

12 + years

Safety

Know the safety rules & where it is safe to swim locally

Enter Pool

Without using the steps, demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water

Short Swim

Swim 10 metres on your front, 10 metres on your back, & 10 metres on your back using only your legs

Tread Water

Tread water for 3 minutes in a vertical position

Water Skills

Surface dive into at least 1.5 metres of water & touch the bottom with both hands

Mushroom float for 10 seconds

Enter the pool & push off from the side on your front, & glide for 5 metres

From the side of the pool, push off on your back & glide for as far as possible

Distance Swim

Swim 100 metres without stopping

Swimming Activity

Take part in an organised swimming activity (such as school swimming sports)