

# 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)