

Infants 1	<p>Submersion and blowing bubbles</p> <p>Assisted front and back float with recovery</p> <p>Attempts kicking on front and back</p> <p>Parental knowledge and understanding of water safety</p>
Infants 2	<p>Kicking action and recover to stand</p> <p>Push and glide from parent to wall with a safe exit</p> <p>Push and glide from wall to parent with recovery to stand</p> <p>Climbs out independently</p>
Infants 3	<p>Kicking action when cued</p> <p>Arm action front and back</p> <p>Follows instructions independently</p> <p>Jumps into deep water, returns to edge and climbs out</p>

Preschool 1	<p>Basic kicking and paddling skills</p> <p>Front and back floating and rotation</p> <p>Confidently submerges face and blows bubbles (without goggles)</p> <p>Follows instruction and independently participates in activities</p>
Preschool 2	<p>Front and back float</p> <p>Front torpedo and kicking on back</p> <p>Submerge to retrieve object in waist deep water without goggles</p> <p>Attempting to tread water</p>
Preschool 3	<p>Evidence of coordinated movement with kicking and arm action, rotation for breathing</p> <p>Streamline push and glide</p> <p>Safe entry to deeper water, evidence of treading water and propel to edge and climb out</p> <p>Water safety - self-preservation skills</p>

Primary 1	<p>Evidence of coordinated movement with kicking and arm action with rotation for breathing</p> <p>Streamline push and glide</p> <p>Safe entry to deeper water, evidence of treading water and propel to edge and climb out</p> <p>Water safety - signal and call for help in water</p>
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Primary 2	Torpedo kick for 10 meters and introduces arm action for 10 meters Back kick for 10 meters and introduces arm action for 10 meters Evidence of coordinated breathing during propulsion Evidence of personal safety when undertaking reach rescues
Primary 3	Attempt freestyle for 10 meters, rotating to the side to breathe Attempt backstroke for 10 meters Survival sculling on front 30sec and survival backstroke kick for 10 meters with sculling arms Evidence of response to simulated emergency and rescue
Primary 4	Freestyle 15 meters with coordinated side breathing Backstroke 15 meters with continuous arm action Breaststroke kick and arms Survival backstroke 15 meters and survival sculling for 1 minute
Primary 5	Freestyle 25 meters with bilateral breathing Backstroke 25 meters with pull and push underwater Breaststroke, breathing and correct timing Survival backstroke and sidestroke with scissor kick
Primary 6	Freestyle 75 meters with correct technique Backstroke 75 meters with correct technique Breaststroke 25 meters with correct technique Dolphin kick 25 meters and Butterfly 10 meters with correct breathing Survival swimming 100 meters continuously using correct stroke technique

OJD 1	Freestyle 100 meters with bilateral breathing and a tumble turn Breaststroke 50 meters with a two-handed touch Backstroke 100 meters with correct technique Rescue stroke for 50 meters and rescue a friend
OJD 2	Freestyle 100 meters with bilateral breathing and a tumble turn Breaststroke 50 meters with a two-handed touch Backstroke 100 meters with correct technique Butterfly 50 meters