



TE PUKE SWIM SCHOOL

Level one Beg	<ul style="list-style-type: none"> • Safe entry and exit • Walking in the water • Blowing bubbles • Participating in activities and songs • Happy in water • Aware of safety rules 	Level six rotation	<ul style="list-style-type: none"> • Freestyle arms roll on back to breath • Back float • Kicking on back • Dolphin body action • Demonstrates water survival skill's
Level two Beg float	<ul style="list-style-type: none"> • Under the water and picking up objects • Front floating with support • Kicking on front with support • Relaxed back float with support • Sit and ¼ turn entry 	Level seven beg breathig	<ul style="list-style-type: none"> • Freestyle arms and breathing 2 cycles • Back float and kicking on back • Beginner backstroke arms • Breaststroke leg action • Demonstrates water survival skills
Level three floatin g	<ul style="list-style-type: none"> • Relax front float regain feet • Front leg action with a board • Float on back with or without support • Safe entry and return to wall 	Level eight learning breathing	<ul style="list-style-type: none"> • Freestyle 15mt • Backstroke • Butterfly kick • Breaststroke arm and leg action • Demonstrates water survival skills
Level four Beg arms	<ul style="list-style-type: none"> • Streamline glide and kick • Front arm action and leg action • Float on back with or without support • Dolphin body action • Dive and swim back to wall 	Level nine tidy up	<ul style="list-style-type: none"> • Freestyle 30mtm • Backstroke 15mt • Combining breaststroke leg and arm action • 1st stage butterfly • Demonstrates water survival skills including skilling
Level five arms	<ul style="list-style-type: none"> • Freestyle arm action with bubbles • Back float without support • Kicking on back with/without support • Rotation with/without support • Dolphin body action 	Level ten squadS	<ul style="list-style-type: none"> • Swim 60mt freestyle • Swim 30mt backstroke • Breaststroke 15mt • Learning butterfly • Demonstrates war safety skills

squad