

LEVEL 6

- A** • Tread water for 30 seconds keeping the head clear of the water and then swim 15 metres
- B** • Surface dive and retrieve an object from the pool floor in deep water
- C** • Demonstrate a kneeling dive and swim out
 - Demonstrate a good push off with streamlining, on front and back from good starting position
- D** • Using a pull buoy scull 10 metres on front in a forward direction
- E** • Swim 2 x 15 metres freestyle showing good technique and breathing without stopping
- F** • Swim 2 x 15 metres backstroke showing good technique without stopping
- G** • Using a kickboard, kick 2 x 15 metres breaststroke
- H** • Kick 10 metres arms by side using a butterfly style undulating action
 - Swim 4 x 10 metres each of freestyle and backstroke without stopping

Teacher Points

- Any method of treading water can be used. However, an attempt should be made at eggbeater kick.
- A progression for the sculling tasks could be to have swimmers 'flutter' kick their legs and not use a pull buoy. This should only be tried once the sculling technique has been learned adequately to give controlled and definite movement.
- With each 2 x 15 metres swim teachers can try having swimmers start 15 metres (or other appropriate distance ie 20 metres if, for example, pool is that width and swimmers can cope with the distance) out from the wall. Appropriate turning actions for each stroke can then be introduced.

