

<b>Starfish Level ①</b>	Enter the water comfortably supported fully by an adult.	Kick or move legs with adult support	Allow for their face to be wet by adult	Float with adult support on their front or back	Place feet on wall with adult support. Adult then supports a push off wall and glide	Travel in different directions with adult support	Splash water with their hands	Reach and grab a toy	Move from horizontal to vertical position with adult support	Exit the water safely with adult support			
<b>Starfish Level ②</b>	Enter the water comfortably supported by an adult.	Kick or move legs continuously	Put face in the water and dip chin and mouth in and out independently	Travel on front and back for two metres with adult support	Float on front with/without adult support	Float on back with/ without adult support	Push and glide off wall with adult support	Paddle with hands and feel the water	Reach, grab and throw toys in the water	Rotate 180 degrees either horizontally and vertically with adult support	Exit the water safely with adult support		
<b>Starfish Level ③</b>	Enter the water safely without adult support but under close supervision	Kick legs simultaneously and travel two metres with adult support	Put face in the water and blow bubbles	Travel on front for two metres using aids with adult support	Travel on back for two metres using aids with adult support	Push and glide from wall without support of parent	Perform a star float on back with adult support behind the head and return to vertical position	Use arms and legs to travel two metres in any direction without support	Reach and catch toys on top of and under surface of water.	Rotate 180 degrees either horizontally or vertically without adult support	Exit the water safely with adult support		
<b>Nemo Level ①</b>	Make a supervised safe entry with adult support		Kick 2 metres on the back with adult support		Float on the back with adult support behind the head		Blow bubbles at the water surface		Wet the head without submersion		Exit the water safely with adult support		
<b>Nemo Level ②</b>	Make a sitting entry with adult support		Blow an object for a distance of 2 metres		Use a baby seat or other buoyancy aid and rotate through 180degrees without assistance		Move 5 metres along the rail or wall without assistance		Travel 3 metres using arms and/or legs without assistance		Submerge the face with confidence		
<b>Nemo Level ③</b>	Make a supervised jump to an adult with or without support		Kick 5 metres on the front holding a float		Blow bubbles with the mouth underwater		Float on front or back without adult support		Travel 5 metres on the front to the side of the pool		Show a torpedo shape on front or back when pushed to a partner		
<b>SeaHorse Level ①</b>	Jump unaided, but supervised, into the water		Submerge completely		Rotate through 360° either horizontally or vertically		Show a mushroom or a star fish float		Travel without assistance 10 metres on the front or back		Climb out of the water with assistance if required		

<b>SeaHorse Level ②</b>	<b>Show the sequence to jump in the water, turn around, swim back to the point of entry and hold the rail or side</b>		<b>Submerge completely and blow bubbles under the water</b>		<b>Push and glide achieving a distance of 2 metres on the front or back</b>		<b>Float on the front or back and regain standing/vertical position</b>		<b>Swim 5 metres on the front or back using an over water arm recovery</b>		<b>Exit safely showing correct use of the ladder (or steps if no ladder is available).</b>			
<b>Pike Level ①</b>	Enter and exit the water safely.	Open eyes underwater, pick up a submerged object	Move forwards for a distance of 5 metres	Move backwards for a distance of 5 metres	Move sideways for distance of 5 metres	Scoop the water and wash face	Be at ease with water showered from overhead	Move into a stretched floating position using aids, equipment or support	Regain an upright position from on the back, with support	Push and glide in a horizontal position to or from a wall	Take part in a teacher-led partner orientated game	Demonstrate an understanding of pool rules		
<b>Pike Level ②</b>	Jump in from poolside safely	Blow bubbles a minimum of three times rhythmically with nose and mouth submerged	Regain upright position from the back without support	Regain an upright position from the front without support	Move from front to back then to front	Push from wall and glide on the back for 5metres	Push from wall and glide on the front for 5metres	Travel with back glide and kick for 10 metres, aids or equipment may be used	Travel with front glide and kick for 10 metres, aids or equipment may be used	Perform a rotation from the front to the back to gain an upright position	Perform a rotation from the back to the front to gain an upright position			
<b>Pike Level ③</b>	Jump in from poolside and submerge (min depth 0.9m)	Sink, push away from wall on side and maintain a Streamlined position	Push and glide on the front with arms extended and log roll onto the back	Push and glide on the back with arms extended and log roll onto the front	Travel on the front, tuck to rotate around the horizontal axis to return on the back.	Fully submerge to pick up an object	Swim 10 metres on the back	Swim 10 metres on the front	Answer correctly three questions on the Water Safety					
<b>Eel Level ①</b>	Perform shallow dive or dive from stride position	Perform open turns on front and back using any stroke	Perform a sequence of changing shapes (minimum of three) whilst floating at the surface	Push and glide from the wall to the pool floor	Kick 20 metres on the back (one item of equipment optional)	Kick 20 metres on the front(one item of equipment optional)	Kick 10 metres butterfly on the front or on the back	Kick 10 metres butterfly on the front or on the back	Tread water 45 second optional kicks	Perform on the back a head first sculling action for 5 metres in a horizontal position	Travel on back and roll in one continuous movement onto front	Travel on front and roll in one continuous movement onto back	Swim 25 metres, choice of stroke is optional	
<b>Eel Level ②</b>	Perform a horizontal stationary scull on the back	Perform feet first sculling action for 5 metres whilst horizontal on the back	Learn survival swimming	Tread water for 60 seconds using two different kicks	Perform rescue swimming	Swim 25 metres backstroke (with expected stroke standards)	Swim 40 metres front crawl with rhythmic breathing (with expected stroke standards)	Swim 10 metres breaststroke	Learn side stroke kicks	Perform a handstand and hold for a minimum of three seconds	Perform a forward somersault, tucked, in the water	Perform tuck surface dive	Glide two body length and begin freestyle	
<b>Eel Level ③</b>	Demonstrate an understanding of preparation for exercise	Sink, push off on side from the wall, glide, kick and rotate into backstroke	Sink, push off on side from the wall, glide, kick and rotate into front crawl	Swim 20 metres wearing clothes	Swim backstroke for 50m and include at least six rhythmical breaths (with expected stroke standards)	Swim breaststroke for 25m and include rhythmical breaths (with expected stroke standards)	Swim butterfly for 20 and include at least three rhythmical breaths (with expected stroke standards)	Swim 75m freestyle with bilateral breathing optional with flip turns (with expected stroke standards)	Perform a pole rescue	Perform a surface dive then swim stroke optional	Perform deep water bobbing	Exit the water without using steps		



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perform compact jump into water from a height while wearing a clothing then disrobe
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Demonstrate an action for getting help
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