

## **Swordfish 5** – 1 hr per week

### **Pink hats for training**

#### **Stroke standards**

FC - Basic breathing to side, continuous arms

BR - circular actions most of the time with evidence of correct timing being developed.

BK - continuous arms and long horizontal position for the most part.

FLY – Arms simultaneous legs do not need to kick

#### **Criteria to join squad**

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4. Push & glide from the wall to the pool floor
5. Kick 25 metres on Front unaided in streamline position
6. Kick 25 metres on back unaided in streamline position
7. Kick 25 metres Breaststroke unaided (No Equipment)
8. Undulate for 25 metres unaided in streamline position i.e arms by side or in front.
9. Perform on the back a headfirst sculling action for 5 metres in a horizontal position
10. Travel on the back and roll in one continuous movement onto front
11. Travel on the front and roll in one continuous movement onto back
12. To be able to do 5-10m Butterfly with simultaneous arms
13. Swim 50m effectively in FC or BK
14. Swim 25m BR
15. Achieve 2 distance badges listed below

#### **Awards that may be achieved**

##### **Distance Badges**

Freestyle 50m Backstroke 50m Breaststroke 25 – 50m Fly 20 – 25m

##### **Other Awards**

Preliminary Safety Diving Skills (NPTS 8)

## **Dolphins 6** – 1.5 hrs per week

### **Green hats for training**

**Equipment**      Floats and fins

### **Stroke standards**

FC - Basic breathing to side with more regular breathing patterns developing, continuous arms. For the most part streamlined off the walls.

BR - circular actions and dorsi flexed feet most of the time and correct timing developing or achieved. For the most part streamlined off the walls.

BK - continuous arms and long horizontal position and developing rotation. For the most part streamlined off the walls.

FLY - Arms simultaneous legs do not need to kick. For the most part streamlined off the walls.

### **Criteria to join squad**

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for 5 metres whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds.
5. Perform 3 different shaped jumps into deep water
6. Perform a handstand and hold for a minimum of 3 seconds
7. Perform a forward somersault, tucked, in the water
8. Demonstrate an action for getting help
9. Demonstrate Lane etiquette: Leaving wall when the swimmer in front reaches the 5m Flags.
10. Demonstrate a Backward somersault, tucked in the water. Badges/ Awards
11. Be able to do a short repeat set on a go on time. Eg. 6 x 25'sm fc Teacher to direct when to go.
12. Achieve 2 distance badges listed below

### **Awards that may be achieved**

#### **Distance Badges**

Freestyle 100m - 200m Backstroke 100m Breaststroke 50m Fly 25m

**Other Awards**      Water Skills 4      Diving Skills (NPTS 9)