

Level 1

- Enter the water confidently and unaided using a swivel entry
- Put face in the water and blow bubbles for 5 seconds
- Move freely around the pool using a combination of hop, jump, skip etc.
- **Either** travel 5 metres using an alternative kicking action with a float(s)
- **Or** travel 5 metres using a simultaneous kicking action with a float(s)
- Standing with arms in the water stretched in front of the shoulders, show an underwater alternating arm action
- Standing with arms in the water stretched in front of the shoulders, show an underwater simultaneous action
- Achieve a horizontal position on back with floats

Level 2

- Push off the wall or floor to show a horizontal position on the front with face in the water with/without aids
- Push off the wall or floor to show a horizontal position on the back with/without aids
- Climb safely out of the pool without the use of the steps
- Jump into the water from the side with confidence and without support
- Hold a tucked floating position for 10 seconds
- Stand with face in the water
Breathe to the side 6 times
Breathe to the front 6 times
- Kick 10 metres using an alternating action on front with a float
- Kick 10 metres using an alternating action on back with a float
- Kick 5 metres using a simultaneous kicking action without a float
- Using arms and legs, travel 10 metres on the front without aids
- Using only legs, travel 5 metres on the back without aids

National Curriculum

- Has been able to swim unaided over a distance of 25m
- Uses recognised arm and leg actions lying on the front and back
- Uses a range of recognised strokes e.g. front crawl, back crawl
- Uses a range of recognised survival skills e.g. sculling, floating and treading water
- Paces themselves in floating and swimming challenges related to speed, distance and personal survival
- Has been totally submerged in the water
- Can answer questions on health and safety near water

Caution: This does not make swimmers safe in deep water. Swimmers should now be urged to improve their swimming and water skills and further develop a knowledge of water safety by working towards the Wirral certificate, Level 3.

Level 3

- In water of at least shoulder depth, tread water for 30 seconds
- Mushroom float for 10 seconds
- Star float on the front for 5 seconds
- On the back and using 2 feet, push from the wall into a streamlined position and hold stretched position (arms overhead in line with the body) for a minimum of 5 seconds
- Scull head first, on the back, for a distance of 5metres
- From head first surface dive, pick up an object using both hands
- Starting with a push and glide, demonstrate a forward somersault
- Kick 10 metres using a front crawl leg action, without a float and with hands held still out in front
- Swim 25 metres full stroke front crawl or breaststroke, showing **basic** technique
- Swim 25 metres full stroke back crawl, showing **basic** technique
- Can answer questions on health and safety near water