



# Swimming

## LEVEL OVERVIEW

### Purple Level

I can: climb in the pool safely

Swim: 1 width of the pool with no aids, 1 width back paddle no aids, submerge my face in water and identify an object and 1 width using a kick choice with no aid.



### Red Level

I can: push and glide front and back without aids, swim through a submerged hoop.

Swim: 1 width on my front with my face in the water with no aids, 1 width dolphin legs with/without aids, 1 length backstroke legs with/without aids.

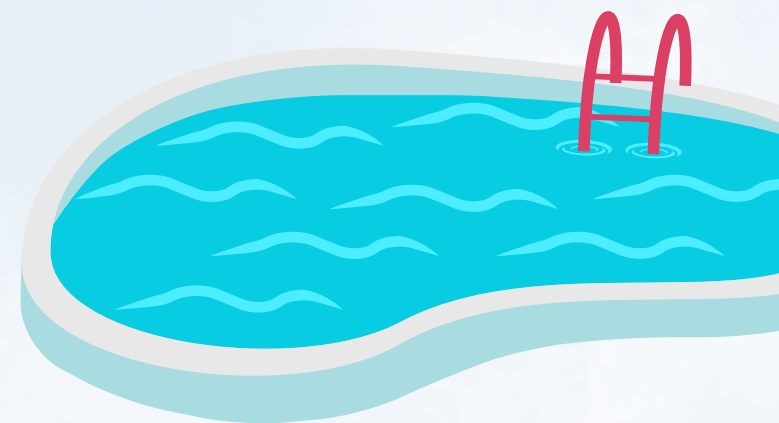


### Orange Level

I can: demonstrate a mushroom float (no aids).

Swim: 1 width recognisable front crawl, 1 width recognisable back stroke, 1 length on back no aids using kick of choice.

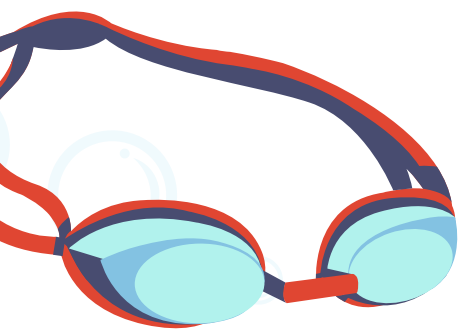
Push and glide on front rotate to back, push and glide on back rotate to front



### Pink Level

I can: demonstrate backstroke legs/arms with/without aids, scull head first 5 metres

Swim: 1 continuous length on front any stroke, 1 length backstroke, 5 metres dolphin legs no aids front and back, demonstrate rhythmical breathing for front crawl.



### Blue Level

I can: demonstrate backstroke legs/arms with/without aids, scull head first 5 metres

Swim: 1 length front crawl and 1 length back stroke continuous, 1 width underwater starting with a sink push and glide, 1 length butterfly legs front and back.

Answer 2 water safety questions and perform all 4 swimming strokes over 1 length.

### Crimson Level

I can: perform to a recognisable level all swimming strokes over 2 lengths and answer 4 water safety questions

Swim: scull 1 length head first, scull 1 length feet first, 2 continuous lengths front crawl, 2 continuous lengths back stroke.

