Swimming ladder.

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| **Level 1iii**  Stay afloat with an improvised floatation aid & signal for assistance  Sculling on my back – stationary & travelling for 10 metres head first & feet first  Demonstrate freestyle & backstroke arm strokes while kicking  Roll from my back to my front and back again while kicking  Streamline glide & kick on my front and back. |
| **Level 1ii**  Demonstrate basic sculling  Roll from my back to my front & back again  Streamline glide on my front & back  Float on my back & return to standing unsupported  Float on my front & return to standing unsupported  Crouch and sit on the bottom of the pool floor |
| **Level 1i**  Submerge & pick up objects from the pool floor  Blow bubbles  Have water showered over or sprinkled over my head  Move through the water with my feet on the floor  Enter & exit the water safely |

[](http://www.google.co.nz/imgres?q=swimming&hl=en&safe=strict&sa=X&tbo=d&biw=1366&bih=571&tbm=isch&tbnid=-qccfmMoODS8xM:&imgrefurl=http://www.bluestone.school.nz/WebSpace/215/&docid=qvy0b5At18tYdM&imgurl=http://www.bluestone.school.nz/DataStore/Pages/PAGE_215/Docs/Documents/Screenshot2012-01-26at11.23.36PM.png&w=398&h=226&ei=RLK2UPCmHMyhiAer44HwAw&zoom=1&iact=hc&vpx=214&vpy=2&dur=2546&hovh=169&hovw=298&tx=139&ty=102&sig=111591155173020183220&page=3&tbnh=93&tbnw=164&start=59&ndsp=32&ved=1t:429,r:2,s:59,i:282)