Swimming ladder.

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| **Level 1iii**Stay afloat with an improvised floatation aid & signal for assistanceSculling on my back – stationary & travelling for 10 metres head first & feet firstDemonstrate freestyle & backstroke arm strokes while kickingRoll from my back to my front and back again while kickingStreamline glide & kick on my front and back. |
| **Level 1ii**Demonstrate basic scullingRoll from my back to my front & back againStreamline glide on my front & backFloat on my back & return to standing unsupportedFloat on my front & return to standing unsupportedCrouch and sit on the bottom of the pool floor |
| **Level 1i**Submerge & pick up objects from the pool floorBlow bubblesHave water showered over or sprinkled over my headMove through the water with my feet on the floorEnter & exit the water safely |

