



### Level 1 – Skills Progression

Enter the water safely.

Move forwards, backwards and sideways for a distance of 5 feet may be on or off the floor.

Scoop the water and wash face, be comfortable with water showered from overhead.

Move from a flat floating position on the back and return to standing.

Take part in a movement game.

Give examples of two pool rules.

Recognise and identify the purpose of beach flags.

Exit the water safely.

Self rescue award

### Level 2 - Skills Progression

Enter the water safely

Move from a flat floating position on the front and return to standing without support.

Push and glide on the front in a horizontal position, to or from the pool wall.

Push and glide on the front in a horizontal position from the pool wall.

Travel on the back for 5 metres.

Travel on the front for 5 metres.

Float on the back.

Know how to signal for help.

Exit the water safely.

Self Rescue Award

### Safety Flags

At beaches there are special flags:

red flag – it is not safe to swim

red and yellow flags – recommended swimming area with lifeguard supervision

black and white flags – surfboards and other non-powered watercraft allowed



### Getting Changed for my Swimming Lesson



1. I take off my jumper.



2. I take my shoes and socks off.



3. I take off my trousers or skirt.



4. I take off my shirt or dress.



5. I take off my pants.



6. I put on my swimming trunks or costume.



7. I put my clothes in my bag.



8. Now I am ready for my swimming lesson.