



**SWIMMING  
PROGRAM  
CURRICULUM  
DOCUMENT**

# PRIMARY

## PRIMARY 1 JELLYFISH

1. Safe entry and exits
2. Follows instructions and independently participates in activities
3. Confidently submerges face and blows bubbles (without goggles)
4. Streamline push and glide
5. Evidence of coordinated kicking and arm actions with rotation for breathing
6. Safety Assessment (perform in no particular order):
  - a. Safe entry to deeper water,
  - b. Evidence of attempting to tread water,
  - c. Back float for count of 6,
  - d. Rotate to face down for count of 6,
  - e. Rotate to side and propel to edge
  - f. Climb out
7. Evidence of comfortable balance and rotation in a life jacket
8. Understands personal rescue/floatation devices
9. Diving Progression: Push and glide with hands steering to surface of water
10. Signal and call for help in water

## PRIMARY 2 PLATYPUS

1. Controlled and safe slide in entry and exit
2. Controlled jump into deeper water and return to the edge
3. Submerge and retrieve an object from deeper water
4. Sequence float (in set order):
  - a) Push and glide – rotate to back float for a count of 6
  - b) Rotate to side, kick for count of 6
  - c) Rotate to front float for a count of 6
  - d) Rotate to side, kick to edge
5. Torpedo kick x 10 metres
6. Introduce Freestyle arm action with kick x 10 metres attempted side breathing
7. Evidence of ability to breathe on both sides
8. Back kick x 10 metres
9. Introduce Backstroke arm action with kick x 10 metres
10. Evidence of personal safety when undertaking reach rescues
11. Be pulled to safety by grasping a rescue aid / Self-preservation
12. Introduction to sitting dive (push and glide) with hands and head locked to steer up to the surface

## PRIMARY 3 SEAL

1. Controlled slide in entry and exit safely in shallow and deeper water
2. Arm action and kicking: tread water for a count of 10, rotate to horizontal position and attempt freestyle for 10 meters (breathing to the side). Focusing on arm and kicking actions. Survival sculling on front for 30 seconds, rotate on to back and attempt backstroke for 10 meters.
3. Survival backstroke kick 10 metres, with sculling arms, back float for 1 minute, rotate onto front and breaststroke kick to wall.
4. Compact jump, to back float in deeper water
5. Demonstrate a sitting dive
6. Evidence of response to simulated emergency and rescue
7. Can articulate knowledge and understanding of:
  - a) Difference in aquatic environments
  - b) Role of the pool Lifeguard
  - c) Impact of weather to aquatic environments
  - d) Important factors to consider before going for a swim
8. Correctly fit a life jacket, enter the water using a compact jump, float for 30 seconds and then climb out of deep water

## PRIMARY 4 MARLIN

1. Push and glide from wall, freestyle 15 metres with coordinated side breathing, rotate to side for count of 6, dolphin kick, rotate and backstroke 15metres with continuous arm action back to edge (in no particular order)
2. Survival backstroke 15 metres with underwater arm recovery, survival sculling for one minute and then kick to edge
3. Dolphin kick with aid, rotate to vertical and tread water, throw the aid back to pool deck, tread water, rotate to front and breaststroke arms and legs back to the edge (in no particular order)
4. Deep water submersion
5. Demonstrate the following continuous sequence (in set order):
  - a) Survival Sculling or treading water 1 minute
  - b) Swim for 25 metres, holding a flotation aid.
6. Perform a reach rescue
7. Diving Progression: Unassisted Crouch Dive (min. depth 1.5 meters but 2 meters preferred), hands and head locked in. Streamline position with hands steering to the surface
8. Can articulate knowledge and understanding of:
  - a) The difference between competitive swimming strokes and survival swimming strokes
  - b) What's important when going on a boat?
  - c) Important things to consider before going for a swim
  - d) Important things to consider before getting into the water
  - e) Important things about different aquatic environments

## PRIMARY 5 SHARK

1. Demonstrate the following continuous sequence (in set order):
  - a) Freestyle 25 metres
  - b) Rotate onto back
  - c) Backstroke 25 metres with pull and push underwater
  - d) Tread water for 2 minutes
  - e) Rotate into a back float for 1 minute
  - f) Rotate onto front
  - g) Breaststroke, breathing and correct timing to edge
2. Survival backstroke 25 metres with correct technique, rotate to side, sidestroke with scissor kick and arm action back to the edge
3. Introduction to butterfly arms for a count of 3, rotate to vertical treading water for 30 seconds, rotate to front and dolphin kick, back to edge
4. Perform a stride entry
5. Students tread water and catch life jacket thrown to them by the teacher (in set order):
  1. Swim with life jacket 15 metres
  2. Tread water while putting the life jacket on and do up if possible
  3. Perform a group huddle
  4. Swim fast to end, change stroke and swim fast back to halfway
  5. Attempt a feet first surface dive to pool floor, resurface e) Swim slowly, using a survival type stroke to deep end
  6. Tread water and remove life jacket and place it back on the pool deck while treading water
6. Diving progression: Standing Dive with glide for 5 metres (where possible 2 metres depth preferred could be completed in 1.5 metres using signage)
7. Develop a tumble turn

## PRIMARY 6 ORCA

1. Demonstrate the following continuous sequence using efficient technique (in set order):
  - a) Freestyle 75 metres,
  - b) Rotate, backstroke 75 metres,
  - c) Tread water 1 minute rotate to front
  - d) Breaststroke 25 metres with
  - e) Dolphin Kick 25 metres
2. Butterfly 10 metres, correct breathing and timing, rotate to side, Sidestroke 10 metres with efficient scissor kick and arm action
3. Perform a tumble turn
4. Survival swim 100 metres continuously using efficient stroke techniques (in set order):
  - a) 25 metres Breaststroke, touch turn
  - b) 25 metres Sidestroke, tumble turn
  - c) 25 metres Survival Backstroke, tumble turn
  - d) 25 metres Freestyle
5. Correctly fit a life jacket, enter the water using a compact jump, float for 30 seconds and then climb out of deep water
6. Diving progression: Standing Dive – pool edge with dolphin kick 5 metres, freestyle end of pool (2 metres water depth preferred could be completed in 1.5 metres using signage)
7. Can articulate what a non-contact tow rescue is and when would it be used

## INFANTS

### INFANTS 1 STARFISH 1

1. Supported entry and exit
2. Readiness and response to Instruction
3. Submersion/blow bubbles
4. Assisted back float and recovery
5. Assisted front float and recovery
6. Assisted back to front rotation
7. Assisted push/glide to teacher or carer
8. Attempts kicking on front and back
9. Parental knowledge and understanding of child supervision
10. Parental knowledge and understanding of water safety

### INFANTS 2 STARFISH 2

1. Safe entry
2. Waiting independently on the wall (cue Sit, Listen Wait)
3. Listening to carer/teacher
4. Responds to instruction
5. Holds onto wall using "Hand over Hand grip"
6. Improved breath control
7. Push/glide from parent to wall with a safe independent exit
8. Push/glide from wall to parent with recovery to stand
9. Front to back rotation and vice versa (minimum assistance)
10. Kicking action and recover to stand
11. Parental knowledge and understanding of child supervision
12. Parental knowledge and understanding of water safety

### INFANTS 3 STARFISH 3

1. Safe entry
2. Follows instructions independently
3. Responds to instruction
4. Participates in activities
5. Holds onto wall using "Hand over Hand grip" climbs out independently
6. Submerges face and blow bubbles
7. Jumps into deep water, returns to edge and climbs out
8. Front to back rotation and vice versa
9. Push/glide from parent to the wall and return
10. Kicking action when cued
11. Arm action front and back
11. Parental knowledge and understanding of child supervision
12. Parental knowledge and understanding of water safety

## PRESCHOOL

### PRESCHOOL 1 SEAHORSE 1

Parent assisted / Independent

1. Follows instruction and independently participates in activities
2. Safe entry and exits
3. Demonstrates breath control skills /breathing skills
4. Confidently submerges face and blows bubbles (without goggles)
5. Front and back floating and rotation
6. Basic kicking and paddling skills (no distance requirement)
7. Independent evidence of knowledge and understanding of personal rescue / flotation devices

### PRESCHOOL 2 SEAHORSE 2

1. Safe entry and exits
2. Demonstrates breath control/breathing skills
3. Front and back float
4. Submerge to retrieve object in waist deep water without goggles
5. Front torpedo rotate to side for breath
6. Front torpedo rotate to back kick for 6 kicks rotate to front kick for 6 kicks recover to stand
7. Evidence of attempting treading water
8. Evidence of self-preservation skill, retrieves flotation device in responses to simulated emergency
9. Can explain purpose of basic pool rules

### PRESCHOOL 3 SEAHORSE 3

1. 1Safe entry and exits and why? explain why
2. Streamline push and glide
3. Front and back rotation
4. Demonstrate coordinated streamline movement with kicking and arm action (freestyle and backstroke), rotation for breathing
5. Safe entry to deeper water, evidence of treading water, back float for count of 6, rotate to face down for count of 6, rotate to side and propel to edge, climb out
6. Evidence of comfortable balance and rotation in a lifejacket
7. Water safety - self-preservation skills
8. Questions and answers –evidence of self-preservation skill, retrieves flotation device in response to simulated emergency
9. Can explain purpose of basic pool rules