

SWIMMING and WATER SAFETY			SWIMMING and WATER SAFETY			SWIMMING, AQUATICS and WATER SAFETY	
Reception Towards Standard 1	Year 1 Towards Standard 1	Year 2 Standard 1	Year 3 Towards Standard 2	Year 4 Standard 2	Year 5 Towards Standard 3	Year 6 Standard 3	Year 7 Towards Standard 4
Participates in simple water games and activities using equipment (eg noodle, balls, kick boards). Puts face in water and exhales. Walks, runs, hops through the water. Floats with support. Enters and exits the water safely.	Participates in simple water games and activities using equipment (eg noodle, balls, kick boards). Opens eyes underwater and identifies objects. Submerges to recover objects from waist-depth water. Glides forward and stands using a flotation aid. Floats with flotation aid on front. Floats with flotation aid on back. Follows the safety rules of swimming/aquatic environments.	Participates in simple water games and activities using equipment (eg noodle, balls, kick boards). Submerges to recover objects from waist-depth water. Glides backwards and stands using a flotation aid. Glides forward and stands. Propels through the water for 5 metres. Floats on front. Floats on back. Demonstrates safe practices and behaviours in swimming/aquatic environments. Demonstrates a safety roll (ie glides forward and rolls on to back).	Submerges to recover objects from waist-deep water. Explores different swimming movements and strokes using flotation devices (eg gliding using board and arm or leg movements). Practises shallow dive techniques. Participates in simple confidence building games (eg water basketball). Understands safety rules related to aquatic environments. Identifies and practises the safety rules for the swimming centre attended. Practises survival strokes over short distances. Performs reach and throw rescues with a partner. Practises sculling, floating and treading water survival skills. Swims in a T-shirt.	Recovers objects from shoulder-deep water. Demonstrates and uses recognisable movements of a variety of strokes. Practises shallow dive in minimum depth of 1.8m. Participates in water games above and below water. Understands basic water safety and survival skills. Practises survival strokes over increased distances. Performs reach and throw rescues on own and in a team. Sculls and treads water for 30 seconds. Swims in a T-shirt.	Recovers objects from minimum depth of 1.5m using head first and feet first entries. Performs swimming strokes using a more proficient stroke technique. Participates in water games above and below water. Demonstrates and practises advanced knowledge in water safety and survival skills. Swims extended distances using a combination of survival strokes. Demonstrates involvement in different roles in a rescue exercise. Demonstrates in a continuous sequence sculling, floating and treading water survival skills. Swims in a long-sleeved top and long-sleeved top and long pants.	Shows efficient stroke development. Dives, from the surface, with increased proficiency to recover objects from a depth of at least 1.5m. Demonstrates a stride entry. Dives efficiently and safely from outside the water. Experiences an introduction to a variety of aquatics activities including snorkelling, surfing/body boarding, canoeing, sailing and wind surfing. Participates in team games relating to aquatic environments. Applies specific skills in games situations.	Refines skills to improve performance (eg speed, endurance, strength). Develops more specific skills in aquatics activities. Swims extended distances using a combination of survival strokes. Swims capably in long pants and long-sleeved top. Participates in different roles in simulated dry rescues. Demonstrates effective strategies used to call for help. Demonstrates, in a continuous sequence, sculling, floating, treading water and survival swimming.
ASSESSMENT EXAMPLE Identifies new learning. Criteria Puts face in water and exhales. Floats with support.	ASSESSMENT EXAMPLE Identifies and rates new learning. Criteria Recovers submerged objects. Floats with a flotation aid (back and front). Uses safe practices.	ASSESSMENT EXAMPLE Completes a self-assessment using a rubric or matrix. Criteria Floats on front and back. Propels through the water for 5 metres. Uses safe practices.	ASSESSMENT EXAMPLE Attempts all items on a DECS Centre Instructor's checklist. Writes and illustrates a personal evaluation. Criteria Recounts their own participation. Considers ways to improve their learning.	ASSESSMENT EXAMPLE Attempts all items on a DECS Centre Instructor's checklist. Writes and illustrates a personal evaluation. Criteria Recounts and evaluates their own participation. Sets future goals to improve their swimming.	ASSESSMENT EXAMPLE Attempts all items on a DECS Centre Instructor's checklist. Writes and illustrates a personal evaluation. Criteria Recounts and evaluates their own participation. Demonstrates an understanding of responsible safety behaviour in and around water.	ASSESSMENT EXAMPLE Attempts all items as indicated in the Water development record, Sports Swimming Aquatics Unit, DECS.	ASSESSMENT EXAMPLE Attempts all items as indicated in the Water development record, Sports Swimming Aquatics Unit, DECS.

Beginners

The development of water confidence is the main objective for this group of children. Encouragement and patience will aid in the student's development. The use of activities such as walking, trains games and songs are spread throughout the lessons between swimming activities. By the end of the week we aim for the students to be able to put their faces in the water, blow bubbles, perform a safe entry, kick with their feet off the bottom using floatation aids and float on their front and back with instructor assistance.

Intermediate

This group of children are water confident and capable of moving unassisted through the water. The lesson focus is on learning to swim using recognised strokes. By the end of the week we aim for the students to be able to perform front and back torpedoes, freestyle without breathing, single arm breathing freestyle, front and back floats without assistance, backstroke and introduce survival backstroke.

Advanced

These children are competent freestylers and backstrokers, the focus of their lesson will be developing their strokes and introducing the more advanced strokes. By the end of the week we aim for the students to perform bi-lateral freestyle, refined backstroke, survival backstroke and introduce breast stroke. These students will also use P.F.D's and swim through deep water, retrieve objects from the bottom and learn basic rescues.

Swimming Program Reception & Years 1 & 2