

Wave One –

- **Assessment can be completed with or without aids**
- 1. Participate in a discussion about the pool and lesson rules
- 2. Enter and exit the water safely without assistance
- 3. Take part in a teacher led game in the pool
- 4. Scoop and splash water onto the face and demonstrate confidence when water is showered over the head without goggles
- 5. Float on the front, with aids if needed, and move to an upright position in the water
- 6. Float on the back, with aids if needed, and move to an upright position in the water
- 7. On the front with face in the water or on the back, (both to be taught) push off from the wall and hold a glide position, with aids if needed.
- 8. Swim frontcrawl for 5 metres, with aids if needed. NB. Front paddle is acceptable
- 9. Swim breaststroke or butterfly for 5 metres with aids if needed (both strokes to be taught) NB. Simultaneous paddle is acceptable
- 10. Swim backstroke for 5 metres with aids if needed. NB. Back paddle is acceptable
- 11. Demonstrate a sculling action in a vertical position with aids if needed

Wave Two –

- **Assessment to be completed without aids, unless specifically stated**
- 1. Participate in a discussion and answer questions about water safety
- 2. Without goggles, safely jump into water, at least 1.0m deep, and exit the water unassisted.
- 3. Float on the front, unassisted and stand up or regain a vertical position.
- 4. Float on the back, unassisted and stand up or regain a vertical position.
- 5. Whilst kicking with equipment, blow bubbles with face in the water 4 times.
- 6. Push and glide from the wall on the front with face in the water
- 7. Push and glide from the wall on the back.
- 8. Swim 5 metres Frontcrawl without assistance, attempting an over water arm recovery.
- 9. Swim 5 metres Backstroke without assistance, attempting an over water arm recovery.
- 10. Swim 5 metres Breaststroke or Butterfly without assistance (both strokes to be taught)
- 11. From a float on the back, rotate to a float on the front, and rotate to float on the back (both longitudinal and horizontal rotation to be taught) and regain a vertical position
- 12. Demonstrate a head first sculling action on the back for 5 metres in a horizontal position with aids if needed.

Wave Three –

- **Where facilities allow outcomes 2, 3, 5, 6, 7 and 8 must be completed in water deeper than 1.0m)**
- **Outcomes 1 and 2 must be delivered utilising the Water Smart Delivery plan to link to a Water Competence scenario**
- 1. Correctly identify the four key water safety messages and beach flags*
- 2. Without goggles, safely jump into the water (minimum depth 1.0m), tread water for 15 seconds and exit the water without using the steps.
- 3. Fully submerge (head and feet first) to collect an object from the pool floor (minimum depth 1.0m)
- 4. Push from the wall on the front in a streamlined position, hold position for 5 seconds, perform a longitudinal rotation onto the back and hold this position for 5 seconds.
- 5. Swim 10 metres Frontcrawl with a continuous over water arm action and attempting to breathe to the side
- 6. Swim 10 metres Backstroke with a continuous over water arm action
- 7. Swim 5 metres Breaststroke
- 8. Swim 5 metres Butterfly
- 9. Perform a series of 3 floating shapes, including a tuck float.
- 10. Perform a push and glide from the wall on the front, swim 5m, tuck and rotate onto the back and swim to the wall.
- 11. Demonstrate a feet first sculling action on the back for 5 metres in a horizontal position with aids if needed.

Wave Four –

- **Where facilities allow outcomes 3, 5, 8 and 11 must be completed in water deeper than 1.0m.**
- **Outcomes 1, 2, 3 and 4 must be delivered utilising the Water Smart Delivery plan to link to a Water Competence scenario**
- 1. Correctly identify the four key water safety messages and beach flags*
- 2. Demonstrate the HELP Position
- 3. Without goggles, safely jump in and tread water for 30 seconds (an eggbeater action should be encouraged) and exit the water without using the steps.
- 4. Swim 10m, choice of stroke optional, with clothes on (without goggles, wearing swimwear, shorts and t-shirt)
- 5. Demonstrate 3 underwater Dolphin kicks on the front or back (both to be taught)
- 6. Demonstrate 10m Frontcrawl kick in a streamlined position.
- 7. Demonstrate 10m Backstroke kick in a streamlined position
- 8. Swim 10 metres Backstroke or Frontcrawl (to Swim Wales Stroke Standard, both strokes to be taught)
- 9. Demonstrate 10m Breaststroke kick on the front (with or without equipment, (to Swim Wales Stroke Standard)
- 10. Demonstrate 10m butterfly kick on the front (to Swim Wales Stroke Standard)
- 11. Swim 10 metres Breaststroke or Butterfly (to Swim Wales Stroke Standard, both strokes to be taught)
- 12. In a team, demonstrate a series of skills, including 5 different skills such as sculling, rotation, floating and treading water.

Wave Five – Outcomes 1, 3, 4 and 5 must be delivered utilising the Water Smart Delivery plan to link to a Water Competence scenario

1. Correctly identify the four key water safety messages and beach flags*
2. Without goggles, demonstrate 3 different shaped jumps (recommended minimum depth 1.5m)
3. Swim 15m, choice of stroke optional, with clothes on (without goggles and wearing swimwear, long sleeves and full length leg items)
4. Without goggles, demonstrate an action for attracting help/attention whilst treading water.
5. Demonstrate a reach rescue to a partner 2 metres away.
6. Swim 15 metres Frontcrawl (to Swim Wales Stroke Standard)
7. Swim 15 metres Backstroke (to Swim Wales Stroke Standard)
8. Swim 10 metres Breaststroke (to Swim Wales Stroke Standard)
9. Swim 10 metres Butterfly (to Swim Wales Stroke Standard)
10. Swim 25m, choice of stroke is optional
11. Demonstrate a series of sculling movements for 30 seconds
12. Demonstrate a forward somersault in the water
13. Perform a handstand (or inverted vertical position) for 5 seconds

Wave Six – Outcomes 1, 2, 3 and 4 must be delivered utilising the Water Smart Delivery plan to link to a Water Competence scenario

1. Correctly identify the four key water safety messages and beach flags*
2. Swim 25 metres with clothes on (without goggles and wearing swimwear, long sleeves and full length leg items)
3. Without goggles, tread water for 30 seconds whilst demonstrating an action for getting help then move into the HUDDLE position with a partner or small group
4. Demonstrate an effective throwing rescue from a distance of 5 metres and instruct the partner to kick to the pool edge
5. Demonstrate an underwater push and glide with 3 dolphin kicks into 20m Front crawl (to Swim Wales Stroke Standard)
6. Demonstrate an underwater push and glide with 3 dolphin kicks into 20m Backstroke (to Swim Wales Stroke Standard)
7. Swim 15 metres Breaststroke (to Swim Wales Stroke Standard)
8. Swim 15 metres Butterfly (to Swim Wales Stroke Standard)
9. Swim 50m- 25m backstroke/frontcrawl and 25m breaststroke/butterfly
10. Perform a sitting dive (minimum depth 1.5m)
11. Demonstrate a backward somersault
12. In a team, pass and catch a ball whilst treading water (without goggles)

Wave Seven

1. Correctly identify the four key water safety messages and beach flags*
2. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Frontcrawl (to Swim Wales Stroke Standard)
3. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Backstroke (to Swim Wales Stroke Standard)
4. Demonstrate an underwater push and glide into 25m Breaststroke (to Swim Wales Stroke Standard)
5. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Butterfly (to Swim Wales Stroke Standard)
6. Swim 100m Individual Medley. Continuous swim, 25m of each stroke in the following order – Butterfly, Backstroke, Breaststroke, Frontcrawl. (to Swim Wales Stroke Standard)
7. Swim 200 metres continuously, using at least 3 different strokes (to Swim Wales Stroke Standard)
8. Perform a plunge dive (minimum depth of 1.8m)
9. Tread water using an egg beater action whilst passing and catching a ball in a team for 30 seconds
10. Swim 25m through an obstacle course that has a minimum of four challenges.
11. In a small group (at least a pair) demonstrate a series of skills, including sculling, rotation, floating and treading water, for a minimum of 45 seconds.
12. Take part in a relay race.

Wave Eight

1. Back layout, sculling for support and hold for 3 seconds.
2. Swim 5m on the front, surface dive and perform 3 breaststrokes underwater, controlled breathing on surfacing.
3. Demonstrate a tuck float to stretch position – a correct tuck shape must be held for a minimum of 3 seconds out to a horizontal straight position.
4. Demonstrate a push and glide on the front to surface dive.
5. Correctly identify the four key water safety messages and beach flags*
6. Swim 50 metres with clothes on (without goggles and wearing swimwear, long sleeves and full length leg items)
7. Using a buoyancy aid hold the ‘HELP’ position for 2 minutes
8. Demonstrate a plunge dive with 3 dolphin kicks into 50m Frontcrawl (to Swim Wales Stroke Standard)
9. Demonstrate an underwater push and glide with 3 dolphin kicks into 50m Backstroke (to Swim Wales Stroke Standard)
10. Demonstrate a plunge dive into 25m Breaststroke (to Swim Wales Stroke Standard)
11. Demonstrate a plunge dive with 3 dolphin kicks into 25m Butterfly (to Swim Wales Stroke Standard)
12. Stay vertical and static for 20 seconds using sculling hands and eggbeater kick
13. Pass a ball accurately with a partner, using one hand to throw and 2 hands to catch, over a 2m distance, each partner to pass 6 times.