

Curriculum and Core Skills Achievement Stages

	WHITE	RED	YELLOW	BLUE	GREEN	
	Focus: freestyle	Focus: backstroke	Focus: butterfly	Focus: breaststroke	Focus: endurance	
	Ask permission to get in	Put on lifejacket in the water	Use flotation for assists	Discuss water safety concepts	Perform a racing dive	
	Swim freestyle with high elbow recovery	30-60-90 backstroke drill	Know when and how to call emergency services	Perform breaststroke kick (assisted and unassisted)	Perform an open freestyle turn	
	Swim freestyle with thumb touch	Swim backstroke with straight arm recovery	Perform arm-down pulsing for 5 m/15 ft	Perform breaststroke kick with support (i.e. kickboard, float bar, rescue tube)	Perform an open backstroke turn	
Lead-up Skills <i>These skills prepare students to achieve the benchmark, but the skills do not have to be mastered to move to the next stage if the benchmark can be performed.</i>	Swim freestyle with center line pull	Swim backstroke with little finger first entry	Perform pulsing with arms above the head	Perform breaststroke arm action (assisted and unassisted)	Perform a breaststroke and butterfly open turn	
		Swim backstroke with bent arm pull	Perform pulsing with arms above the head and scull with hands (hand slide)	Perform breaststroke arm action with flotation (i.e. pull buoy, noodle, rescue tube)	Perform a freestyle flip turn	
	Swim freestyle with body roll	Swim backstroke with good body and arm extension	Lift head to breathe during pulsing		Combine arm action and leg kicking	Perform a backstroke flip turn
		Swim backstroke with body roll	Add 1 butterfly arm stroke to pulsing	Swim in trains		
	Exhale in the water before rolling to breathe	Perform backstroke flutter kick	Pulse with hand slide 3 times then take 2 swing and stretch arm strokes	Incorporate dolphin body motion into breaststroke after the kick	Swim on basic pace clock intervals	
			Pull to a thumb touch when performing butterfly arm strokes			
	Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket while in the water, kick 9 m/30 ft	Use flotation to reach or throw to assist a swimmer; know when and how to call emergency services	Discuss water safety concepts	Tread water or survival float for 2 minutes
	Swim Skill Benchmark	Swim freestyle 9 m/30 ft with body stretched out and consistent form	Swim backstroke 9 m/30 ft with straight arm recovery, body roll, good arm and body extensions	Swim 4 strokes butterfly with only one breath, then swim freestyle for the remainder of the pool length	Swim breaststroke 9 m/30 ft with good timing and extension	Swim freestyle 50 m/yd with rolling body motion, high elbow recovery, body stretch; swim backstroke 50 m/yd with rolling body motion, straight arm recovery, body stretch; swim butterfly 25 m/yd with dolphin body motion, straight arm recovery, body stretch; swim breaststroke 50 m/yd with proper timing, body stretch; perform freestyle and backstroke flip turns, butterfly and breaststroke open turns