

# Curriculum At-a-glance

Level 1	Level 2	Level 3
<b>Sport Principles</b>		
1. Demonstrate an understanding of <i>Play Fair</i>	1. Demonstrate an understanding of <i>Respect Others</i>	1. Set a short-term goal
<b>Starts, Turns, Transitions &amp; Finishes</b>		
3. Demonstrate an in-water start 4. Demonstrate a jump start into deep water 5. Demonstrate an in-water relay transition 6. Demonstrate an in-water finish on front and on back 7. Demonstrate a touch and go turn	2. Demonstrate a start from the deck 3. Demonstrate diving skills 4. Demonstrate a deck start relay transition 5. Demonstrate an in-water finish 6. Demonstrate an open turn 7. Demonstrate a somersault in the water	2. Demonstrate a dive start from the deck 3. Demonstrate a jump start from a starting block 4. Demonstrate a dive start relay transition 5. Demonstrate an in-water finish on front and on back 6. Demonstrate a streamlined open turn 7. Demonstrate a front crawl flip turn
<b>Swim Proficiencies</b>		
8. Swim front crawl and back crawl – 25 m each 9. Scull head-first on back – 15 m 10. Sprint – 25 m 11. Complete a 100 m workout	8. Swim front crawl, back crawl (25 m each) and breaststroke – 15 m 9. Scull head-first on back – 25 m 10. Sprint – 2 x 25 m with 60 sec. rest 11. Complete a 200 m workout	8. Swim front crawl, back crawl (50 m each) and breaststroke – 25 m 9. Sprint – 4 x 25 m, 45 sec. rest 10. Complete a 300 m workout
<b>Sport Skills</b>		
12. Whip kick in vertical position – 30 sec. 13. Demonstrate the ability to swim under an obstacle 14. Tread water supporting an object – 30 sec.	12. Whip kick on back – 15 m 13. Head-first surface dive under an obstacle 14. Tread water supporting an object – 60 sec.	11. Stationary eggbeater kick – 30 sec. 12. Swim 25 m passing under an obstacle located at the halfway point 13. Tread water supporting an object – 90 sec.