

## JLA STAGE 4 - LANE 1

Swimmers must be able to complete all of these requirements:

I can do a sitting dive into the pool.

I can hold a handstand for 5 seconds in the shallow end.

I can show a sequence of different floating shapes at the surface of the water, including a change from front to back. (minimum of 3). E.g. a star float on the front, then a pencil float on the back and finally a mushroom float.

I can push and glide to the bottom of the pool (at the deep end, 2m) and collect a sinker.

I can swim frontcrawl for half a length and then log roll onto my back to continue swimming backstroke.

I can swim backstroke for half a length and then log roll onto my front to continue swimming frontcrawl.

I can scull head first for 5m, remaining flat at the surface of the water.

I can frontcrawl kick for 1 length (12m), with my arms in a streamlined position.

I can backstroke kick for 1 length (12m), with my arms in a streamlined position.

I can breaststroke kick on back, without a float, for 1 length (12m).

I can breaststroke kick on my front, with a float, for 1 length (12m).

I can butterfly kick, on front or back, with my arms in a streamlined position for 1 length (12m).

I can swim 2 lengths (24m) of both frontcrawl and backstroke with a good and correct technique.

Completion of a requirement is based on the professional judgement of the class teacher. Requirements must be completed confidently and consistently for a child to be ready to move to the next class.

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