

JLA STAGE 5 - LANE 2				
Swimmers must be able to complete all of these requirements:				
I can do a kneeling dive into the pool.				
I can scull feet first for 5m, remaining flat at the surface of the water.				
I can show a sculling sequence, including both head first and feet first sculling.				
I can tread water for 30 seconds, keeping my head above the water throughout.				
I can signal and shout for help, whilst treading water.				
I can do a forward roll in the water.				
I can do a backwards roll in the water.				
I can swim 4 lengths (48m) of frontcrawl, maintaining my good technique throughout.				
I can swim 4 lengths (48m) of backstroke, maintaining my good technique throughout.				
I can swim 2 lengths (24m) of breaststroke, with a correct stroke and timing.				
I can swim 1 length (12m) of butterfly, with my arms clearing the water.				

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.