

### JLA STAGE 6 - LANE 3

Swimmers must be able to complete all of these requirements:

I can do a standing dive into the pool.

I can do both a head first and feet first surface dive.

I can tread water for 1 minute.

I can push and glide on my side, then whilst under water, kick and rotate into frontcrawl.

I can push and glide on my side, then whilst under water, kick and rotate into backstroke.

I can correctly do a breaststroke pull out under water.

I can correctly do a frontcrawl tumble turn.

I can correctly do a backstroke tumble turn.

I can swim 8 lengths (96m) frontcrawl maintaining my technique and using tumble turns.

I can swim 8 lengths (96m) backstroke maintaining my technique and using tumble turns.

I can swim 4 lengths (48m) breaststroke maintaining my technique and with breaststroke pull outs underwater.

I can swim 2 lengths (24m) butterfly maintaining my technique.

I can swim 1 length (12m) with clothes on.

I can show a "shout and signal" rescue (swimmer on poolside must raise the alarm, then shout and instruct the casualty to the side without making contact to avoid danger)

I can create and complete an obstacle course (using a minimum of 4 objects) without my feet touching the floor.

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.