

Starfish Swimming®

Performance criteria for placing students in the correct stage

| White | Red | Yellow | Blue | Green | Stroke School |
|--|--|---|--|--|---|
| <p><i>If the student...</i></p> <p>Cannot completely submerge for at least 5 seconds</p> | <p><i>If the student...</i></p> <p>Will submerge for at least 5 seconds</p> <p>yet cannot...</p> <p>float relaxed (front and back) on the surface without support</p> | <p><i>If the student...</i></p> <p>Can jump in and come up on the back and float for at least 5 seconds</p> <p>yet cannot...</p> <p>move forward through the water 10 ft (3m), change direction, and come back</p> | <p><i>If the student...</i></p> <p>Can move through the water 10 ft (3m), change direction, and come back</p> <p>yet cannot...</p> <p>tread water for at least 15 seconds</p> | <p><i>If the student...</i></p> <p>Can tread water for at least 15 seconds</p> <p>yet cannot...</p> <p>swim basic freestyle stroke with “swim – roll – swim” or rotary (side) breathing</p> | <p><i>If the student...</i></p> <p>Has completed Swim School Green stage</p> <p>or...</p> <p>can tread water and survival float at least 30 seconds</p> <p>and...</p> <p>swim basic freestyle stroke with “swim – roll – swim” or “rotary (side) breathing...</p> |
| PLACE IN WHITE | PLACE IN RED | PLACE IN YELLOW | PLACE IN BLUE | PLACE IN GREEN | PLACE IN STROKE SCHOOL |

Depending on how lessons are organized, stages can be combined together for lesson groups, and students can also work in more than one stage at a time.