**Swimwise Assessment Criteria**

**Preschool/Stage 1**

* Enter the water safely.
* Exit the water safely.
* Move confidently in the water, feet on the floor.
* Confidently submerge under water.
* Unassisted star float on the front 5 seconds.
* Unassisted star float on the back 5 seconds.
* Assisted, unaided push and glide on the front.
* Assisted, unaided push and glide on the back.
* Assisted jump from the poolside, minimum of 1.2 meters.
* Take part in a teacher led activity.
* Give example of a pool rule.

**Stage 2**

* Travel 5 meters unaided on the front with a recognised FC leg action.
* Travel 5 meters unaided on the back with a recognised BS leg action.
* Swim 5 meters using FC arm action.
* Hold the star float on the back for 10 secs.
* Unassisted, unaided push and glide on the back (2 meters).
* Unassisted, unaided push and glide on the front (2 meters).
* Fully Submerge to pick up an object. Min 1 m.
* Take part in a teacher lead activity.
* Confidently jump in and fully submerge.
* Give example of two pool rules.

**Stage 3**

* Swim 10 meters on the front with a recognised FC arm and leg action.
* Swim 10 meters on the back with a recognised BS arm and leg action.
* Perform a sequence of changing shapes (minimum of 3) whilst floating on the surface.
* Jump in confidently (water dept over 1.5m) and swim to the side unassisted.
* Unassisted, unaided push and glide on the back into unassisted recognised BS leg action.
* Unassisted, unaided push and glide on the front into unassisted recognised FC leg action.
* Take part in teacher lead activities.

**Stage 4**

* Kick 10 meters with a recognised FC leg action.
* Kick 10 meters with a recognised BS leg action.
* Push and glide from the wall towards the pool floor.
* Swim 10 meters FC with bilateral breathing.
* Kick 10 m butterfly on the front or back.
* Kick 10 meters breaststroke on the front.
* Perform a head first sculling action for a minimum of 10 meters, in a flat position on the back.
* Push and glide on the back with arm extended above the head.
* Tread water for 10 sec.

**Stage 5**

* Perform a feet first sculling action for a minimum of 10 meters, in a flat position on the back.
* Tread water for 20 sec.
* Perform a handstand.
* Perform a forward somersault.
* Perform a backward somersault.
* Push and glide and swim 20 meters FC with Swimwise Expected Standards.
* Push and glide and swim 20 meters BS with Swimwise Expected Standards.
* Push and glide and swim 20 meters Brs.
* Push and glide and swim 10 meters Butterfly.
* Swim 100 meters continuously

**Stage 6**

* Sink, push off on side from the wall, glide, kick and rotate into Backstroke
* Sink, push off on side from the wall, glide, kick and rotate into Frontcrawl
* Swim 50 metres with clothes on.
* Swim 100 m Front crawl to Swimwise Expected Standards.
* Swim Breaststroke to Swimwise Expected Standards, include at least six rhythmical breaths.
* Swim 25 m Butterfly to Swimwise Expected Standards, include at least three rhythmical breaths.
* Perform a kneeling dive.
* Perform one shallow and one deep water rescue.
* Tread water for 30 seconds.

**Stage 7**

* Swim 200 metres Backstroke to ASA Expected Standards
* Swim 200 metres Frontcrawl to ASA Expected Standards
* Swim 100 metres Breaststroke to ASA Expected Standards
* Swim 50 metres Butterfly to ASA Expected Standards
* Perform a movement sequence of 1 minute duration incorporating a number of the following skills: Sculling -head first, feet first; rotation - forward/backward somersault, log roll; floating - star on the front/back, tuck float, create own: Eggbeater - moving, lifting one or both arms out of the water, link skills with strokes and sculls.
* Perform a standing dive.
* Tread water using egg beater action for 30 seconds lifting one or both arms out of the water.
* Kick 50 meters Backstroke with arm extended above the head.
* Kick 50 meters Front Crawl without a board.
* Kick 50 meters Butterfly.
* Kick 50 meters Breastroke without a board.

**Stage 8 (Pre-Squad)**

* Swim 400 metres continuously using one stroke.
* Complete a set lasting 200m (e.g., 8 x 25m) on a specified turnaround time set by the coach.
* Perform a Backstroke turn from 10 metres in to 15 metres out to Swimwise Expected Standards.
* Perform a Breaststroke turn from 10 metres in to 15 metres out to Swimwise Expected Standards.
* Perform a Butterfly turn from 10 metres in to 15 metres out to Swimwise Expected Standards.
* Perform a Frontcrawl turn from 10 metres in to 15 metres out to Swimwise Expected Standard.