(pathway progression))

LITTLE WONDERS 01-04

PARENT AND CHILD 6 MONTHS TO 3 YEARS

WONDERS

WONDERS

WONDERS

NATIONAL BENCHMARK 6 YEARS

LEVEL 01

- Enter and exit the water
- Float on front and back using a buoyant aid
- Kick on front and back using a buoyant aid
- Move 3 metres continuously using arms and legs
- Identify people who can help in an emergency

LEVEL

- Slide in entry and exit
- Float on front and back and recover
- Tread water using a buoyant aid
- 5 metres basic freestyle
- Be pulled to safety

LEVEL

- Fall in entry and
- recover Float on back and tread water for 30 seconds
- 10 metres freestyle with breathing
- 5 metres backstroke Be rescued
- Step in entry 15 metres freestyle
 - backstroke
 - recover an object

LEVEL 04

- & backstroke 10 metres survival
- Surface dive and
- Talk rescue
- Head-first and
- feet-first sculling 25 metres freestyle

LEVEL

- & backstroke 15 metres survival backstroke &
- breaststroke Reach rescue
- Survival sequence buoyant aid

LEVEL

- Stride in entry Float, scull or tread
- water for 1 minute 50 metres freestyle
- & backstroke 25 metres survival backstroke & breaststroke
- Throw rescue Survival sequence
- Dive in entry Float, scull or tread
- & backstroke 50 metres survival backstroke & breaststroke
 - Throw rescue Survival sequence light clothing

- 100 metres freestyle & backstroke
- water for 2 minutes backstroke & 75 metres freestyle
- 75 metres survival breaststroke
- 15 metres sidestroke
- Tumble turn
- 150 metres freestyle
- 100 metres survival backstroke & breaststroke
- 10 metres basic butterfly
- 25 metres sidestroke
- Wade rescue
- 200 metres freestyle
- 200 metres using 1 swimming stroke and 2 survival strokes
- 10 metres butterfly
- 50 metres sidestroke
- Accompanied rescue
- 15 25 metres butterfly • 100 metres sidestroke Survival sequence -

heavy clothing

2 survival strokes

Float, scull or tread

water for 5 minutes

and signal for help

2 swimming strokes and

250 metres using









LEVEL

LEVEL 08

LEVEL 09

LEVEL

10

LEVEL



