

Curriculum and Core Skills Achievement Stages					
	WHITE	RED	YELLOW	BLUE	GREEN
Lead-up Skills <i>These skills prepare students to achieve the benchmark, but the skills do not have to be mastered to move to the next stage if the benchmark can be performed.</i>	<i>Focus: trust and comfort</i>	<i>Focus: body positions</i>	<i>Focus: submersion</i>	<i>Focus: air recovery and rollover</i>	<i>Focus: forward movement</i>
	Constant and dedicated surveillance	Identify types of lifejackets and flotation suits	Reach or Throw...Don't Go	Prevent recreational water illness	Introduction to CPR
	Safe entry into pool (e.g. steps and side)	Front float (assisted)	Horizontal submerge (assisted)	Roll front to back (assisted)	Kick on front (assisted)
	Balance holds	Back float (assisted)	Vertical submerge (assisted)	Roll back to front (assisted)	Kick on back (assisted)
	Use water toys to splash and play independently	Counting cues and slide into water	Slide or jump in water, submerge, and return to wall (assisted)	Bobbing (assisted)	Reach and pull arm movements (assisted)
	Readiness songs	Counting cues and jump into water			Drifting (assisted)
		Slide or jump into water, then turn and look for the wall (assisted)			Independent movement with flotation
	Climb out (assisted)			Independent movement without flotation	
Safety Skill Benchmark (for the adult)	Understand constant and dedicated surveillance	Fit and properly put a lifejacket on the child	Use flotation to help someone who is in trouble in the water (Reach or throw...don't go) and know how to call emergency services	Identify six methods of preventing recreational water illness	Be familiar with infant and child CPR
Swim Skill Benchmark	Adult and child are relaxed and confident, and enjoy being in the water together	Perform a relaxed front, back, vertical, and side position for at least 5 seconds each	Enter water from the wall, submerge, turn around, grab on to the wall, and pull up (assisted)	Submerge off wall, come to surface unassisted and get a breath in vertical or horizontal (on back) position	Move 3 m/10 ft through the water independently, with or without flotation