

Curriculum and Core Skills Achievement Stages						
	WHITE	RED	YELLOW	BLUE	GREEN	
	<b>Focus: trust and submersion</b>	<b>Focus: body position and air recovery</b>	<b>Focus: forward movement and direction change</b>	<b>Focus: rotary movement</b>	<b>Focus: integrated movement</b>	
	Ask permission to get in the water	Put on a lifejacket and kick	Reach and throw assists	Tread water	Survival float	
	Sit independently	Front float (assisted and unassisted)	How to call emergency services	Side glide with kick (both sides - assisted and unassisted)	Start in side glide, 3 overarm pulls, roll to back to rest and breathe	
	Jump in	Back float (assisted and unassisted)	Front streamline with kick (assisted and unassisted)	Front streamline with kick, then roll to side to rest and breathe (both sides - assisted and unassisted)	Start in side glide, 3 overarm pulls, roll to opposite side glide	
<b>Lead-up Skills</b>  <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>	Wall walk	Front streamline (assisted)	Back streamline with kick (assisted and unassisted)	Roll from side glide, to front streamline, to side glide	Start in side glide, link 3 sets of 3 overarm pulls, rolling to opposite side glide to rest and breathe	
	Listen and follow directions	Back streamline (assisted)	Kick and pull on front (assisted and unassisted)	Roll from front streamline to back streamline	Start in side glide, link 3 sets of 3 back pulls, rolling to opposite side glide to rest and breathe	
	Climb out	Submerge underwater, float or kick to surface, and take a breath	Kick and pull on back (assisted and unassisted)	Roll from back streamline to front streamline	Dive (safe, head first entry, only if deep water is available)	
	Pour water over head	Roll front to back (assisted and unassisted)	Swim underwater 3m/10 ft with 1 breath	Side glide, one overarm pull, roll to back to rest and breathe	Vertical, head first dive from the surface in deep water	
	Hold breath (on land)			Side glide, one overarm pull, roll to opposite side glide to rest and breathe		
	Look underwater and hold breath (with and without goggles)	Roll back to front (assisted and unassisted)	Retrieve submerged object	Side glide, rotate to back, then roll to opposite side glide to rest and breathe		
	Jump in and get head wet					
	<b>Safety Skill Benchmark</b>	Always ask permission before getting in the water	Put on a lifejacket, float on back, kick 6 m/20 ft	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	Tread water 15 seconds	Survival float and tread water for 30 seconds
	<b>Swim Skill Benchmark</b>	Assisted submersion, relaxed, for 5 seconds; then come up to breathe	Jump in, submerge, recover for air, roll on back (kicking and finning) for 5 seconds*  * in swimwear and in regular clothes	Jump in, submerge, recover for air, kick and pull forward 3 m/10 ft on front or back, change direction and return to wall, using swim-roll-swim to breathe*  * in swimwear and in regular clothes	Jump in, recover to side glide, kick 3 m/10 ft	Start in side glide, swim overarm pulls with kick 9 m/30 ft with 1-2-3 breathe pattern