

Stage 1

Criteria:

- Enter the water safely
- Move forwards 5m
- Move backwards 5m
- Move sideways 5m
- Puffin Award*
- Scoop water and wash the face
- Be at ease with water showered over the head
- Move into a stretched floating position using aids, equipment or support
- Regain upright position from the back with support
- Regain upright position from the front with support
- Push and glide in a horizontal position to and from a wall
- Take part in a Teacher led partner orientated game
- Demonstrate an understanding of pool rules
- Exit the water safely

