

Stage 5

Criteria:

- Perform a horizontal stationary scull on back
- Perform a feet first sculling action for 5m whilst horizontal on the back
- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
- Tread water for 30 seconds
- Perform 3 different shaped jumps into deep water
- Swim 10m Backstroke
- Rainbow Stroke Distance – 10m Backstroke*
- Swim 10m Frontcrawl
- Rainbow Stroke Distance – 10m Frontcrawl*
- Swim 10m Breaststroke
- Rainbow Stroke Distance – 10m Breaststroke*
- Swim 10m Butterfly
- Rainbow Stroke Distance – 5m Butterfly*
- Rainbow Distance 25m Award*
- Perform a handstand and hold a handstand for a minimum of 3 seconds
- Perform a forward roll somersault tucked, in the water
- Demonstrate an action for getting help

