

Congratulations

Your standout achievements this term are:



Freestyle Frogs

Skills achieved at this level:

- Perform a torpedo correctly covering width of pool
- Perform basic freestyle action covering width of pool
- Perform basic backstroke action covering width of pool
- Hold ear on arm on both sides using a kickboard
- Establish the bilateral breathing pattern with kickboard
- Streamline in the backstroke position
- Paddle with head up in deep for 30 seconds
- Perform body rotations from front to back
- Understand and perform the sculling hand action
- Retrieve an object from the deep
- Perform a basic dive
- With a partner pass a rigid aid and pull partner to the side
- Be able to recognise and talk about potential hazards in any water situation
- Perform a torpedo correctly covering width of pool



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