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| **JA3** | |
| **Front Crawl** | |
| **1.1** | Push and Glide in **streamline**, attempt at depth. Introducing fly kicks. |
| **1.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. |
| **1.3** | Full stroke. Bilaterally breathing, **every 3**. Body staying close to surface. |
| **1.4** | Full stroke, head still and eyes looking down. Arms continuous, body close to surface. |
| **Backstroke** | |
| **2.1** | Push and Glide in **streamline**, attempt at depth. Introducing fly kicks. |
| **2.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. |
| **2.3** | Full stroke. Head stays back and **above surface.** The body remains above the surface. |
| **2.4** | Full stroke. Arms Continuous. Reach focus. |
| **Breaststroke** | |
| **3.1** | Kick with board, **feet turned out**. |
| **3.2** | Full stroke. **Hips, just below surface.** |
| **3.3** | Full stroke, focus on **reach** and **breath timing**. |
| **3.4** | Full stroke, **breathing every stroke**. Bring it all together. |
| **Butterfly** | |
| **4.1** | Fly kick, feet together, **initiating from hips/core**. |
| **4.2** | 10m full stroke, attempting to get **arms over the water**. |
| **Starts and Turns** | |
| **5.1** | Perform dive from minimum of kneeling position. Dive must be **shallow** |
| **5.2** | Perform a backstroke start, remaining on back and holding **streamline on entry**. |
| **5.3** | Complete a forward role and backwards role, aiming to plant feet on the wall. Begin counting from flags to wall on back. |
| **Distance** | |
| **6.1** | Complete 100m without stopping |

*Complete stroke tasks three times within session to tick off*

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| **JA2** | |
| **Front Crawl** | |
| **1.1** | Push and Glide in **streamline**, at depth. Complete 3 fly kicks |
| **1.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. Attempt one are extended and head down |
| **1.3** | Full stroke. Bilaterally breathing, **every 3**. Body staying close to surface. |
| **1.4** | Full stroke, head still and eyes looking down. Showing stroke reach/length |
| **Backstroke** | |
| **2.1** | Push and Glide in **streamline**, at depth. Complete 3 fly kicks. |
| **2.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. Attempt one arm extended and head remaining still. |
| **2.3** | Full stroke. Head stays back and **above surface.** The body remains above the surface. Introduce rotation. |
| **2.4** | Full stroke. Arms showing extension and attempt at rotation. |
| **Breaststroke** | |
| **3.1** | Kick arms extended; **feet turned out**. |
| **3.2** | Full stroke. **Hips, just below surface.** Introduce use of drill with competency. |
| **3.3** | Full stroke, focus on **reach** and **breath timing**. |
| **3.4** | Full stroke, **breathing every stroke**. Bring it all together. Start to introduce the underwater phase. |
| **Butterfly** | |
| **4.1** | Fly kick, feet together, **initiating from hips/core**. **Streamlined.** |
| **4.2** | 15m full stroke, **arms recovering over the water**. |
| **Starts and Turns** | |
| **5.1** | Perform dive from minimum of standing. Dive must be **shallow.** |
| **5.2** | Perform a backstroke start, remaining on back and holding **streamline on entry**. |
| **5.3** | Complete a front crawl and backstroke turn with understanding of flag counts. |
| **Distance** | |
| **6.1** | Complete 150m without stopping |

*Complete stroke tasks three times within session to tick off*

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| **JA1** | |
| **Front Crawl** | |
| **1.1** | Push and Glide in **streamline**, at depth. Complete fly kicks to 10m |
| **1.2** | Kick with one arm extended body **rotated** and **head still.** |
| **1.3** | Full stroke. Bilaterally breathing, **every 3**. Body staying close to surface. |
| **1.4** | Full stroke, head still and eyes looking down. Showing stroke reach/length. Attempting to **count strokes** and learning to reduce. |
| **Backstroke** | |
| **2.1** | Push and Glide in **streamline**, at depth. Complete 4 fly kicks. |
| **2.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. Attempt one arm extended and head remaining still. |
| **2.3** | Full stroke. Head stays back and **above surface.** The body remains above the surface. Body rotating. |
| **2.4** | Full stroke. Arms showing extension and length. Showing competent rotation. |
| **Breaststroke** | |
| **3.1** | Kick arms extended; **feet turned out**. |
| **3.2** | Full stroke. **Hips, just below surface.** Competent use of drill and understanding benefit to stroke. |
| **3.3** | Full stroke, focus on **reach** and **breath timing**. Minimal Head Movement |
| **3.4** | Full stroke, **breathing every stroke**. Bring it all together. Develop full underwater phase. |
| **Butterfly** | |
| **4.1** | Fly kick, feet together, **initiating from hips/core**. **Streamlined.** |
| **4.2** | 25m full stroke, **arms recovering over the water**. Showing undulation and attempt at timing. |
| **Starts and Turns** | |
| **5.1** | Perform dive from block. Must be from track. Dive must be **shallow. Underwater kicks/phase must be completed.** |
| **5.2** | Perform a backstroke start, remaining on back, gaining depth, and holding **streamline on entry**. Add in underwater kick. |
| **5.3** | Complete all turns including IM, ensure all are legal. |
| **Distance** | |
| **6.1** | Complete 200m without stopping |

*Complete stroke tasks three times within session to tick off*

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| **AD3** | |
| **Front Crawl** | |
| **1.1** | Push and Glide in **streamline**, at depth. Complete fly kicks to 10m. Understanding kick count |
| **1.2** | Kick with one arm extended body **rotated** and **head still.** |
| **1.3** | Full stroke. Bilaterally breathing, **every 3**. Body staying close to surface. |
| **1.4** | Full stroke, head still and eyes looking down. Showing stroke reach/length. Competent at counting **strokes** and keeping low |
| **Backstroke** | |
| **2.1** | Push and Glide in **streamline**, at depth. Kick past the flags. |
| **2.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. Kick one arm extended and head remaining still. Hold rotated position |
| **2.3** | Full stroke. Head stays back and **above surface.** The body remains above the surface. Body rotating. Start demonstrating focus on catch and pull. |
| **2.4** | Full stroke. Arms showing extension and length. Showing competent rotation. Includes continuous kick. |
| **Breaststroke** | |
| **3.1** | Kick arms extended; **feet turned out**. Head down and still. |
| **3.2** | Full stroke. **Hips, just below surface.** Competent use of drill and understanding benefit to stroke. |
| **3.3** | Full stroke, focus on **reach** and **breath timing**. Minimal Head Movement. Show quality in extension of stroke. |
| **3.4** | Full stroke, **breathing every stroke**. Bring it all together. Competent in underwater phase. |
| **Butterfly** | |
| **4.1** | Fly kick, feet together, **initiating from hips/core**. **Streamlined.** Understand counting kicks and encouraging more power and speed. |
| **4.2** | 25m full stroke, **arms recovering over the water**. Showing undulation and good timing. Start to show good head positioning on breath. |
| **Starts and Turns** | |
| **5.1** | Perform dive from block. Must be from track. Dive must be **shallow. Underwater kicks/phase must be completed.** |
| **5.2** | Perform a backstroke start, remaining on back, gaining depth, and holding **streamline on entry**. Add in underwater kick. |
| **5.3** | Complete all turns including IM, ensure all are legal. |
| **Distance** | |
| **6.1** | Complete 300m without stopping. |

*Complete stroke tasks three times within session to tick off*

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| **AD2** | |
| **Front Crawl** | |
| **1.1** | Push and Glide in **streamline**, at depth. Complete fly kicks to 10m. Understanding kick count. Introduce Fins to increase distance underwater |
| **1.2** | Kick with one arm extended body **rotated** and **head still.** Breathing comfortably to the side |
| **1.3** | Full stroke. Bilaterally breathing, **every 3**. Body staying close to surface. Increase breath control. |
| **1.4** | Full stroke, head still and eyes looking down. Showing stroke reach/length. Competent at counting **strokes** and keeping low. |
| **Backstroke** | |
| **2.1** | Push and Glide in **streamline**, at depth. Kick past the flags. Introduce Fins to increase distance |
| **2.2** | Kick in **streamline** on surface, **small fast kick**, body aligned. Kick one arm extended and head remaining still. Hold rotated position. |
| **2.3** | Full stroke. Head stays back and **above surface.** The body remains above the surface. Body rotating. Start demonstrating focus on catch and pull. Introduce use of drills and understanding the benefit within the stroke. |
| **2.4** | Full stroke. Arms showing extension and length. Showing competent rotation. Includes continuous kick. |
| **Breaststroke** | |
| **3.1** | Kick arms extended; **feet turned out**. Head down and still. Introduce scull to initiate breath. |
| **3.2** | Full stroke. **Hips, just below surface.** Competent use of drill and understanding benefit to stroke. |
| **3.3** | Full stroke, focus on **reach** and **breath timing**. Minimal Head Movement. Show quality in extension of stroke. |
| **3.4** | Full stroke, **breathing every stroke**. Bring it all together. Show speed and power through underwater phase. |
| **Butterfly** | |
| **4.1** | Fly kick, feet together, **initiating from hips/core**. **Streamlined.** Understand counting kicks and encouraging more power and speed. |
| **4.2** | 50m full stroke, **arms recovering over the water**. Showing undulation and good timing. Start to show good head positioning on breath. |
| **Starts and Turns** | |
| **5.1** | Perform dive from block. Must be from track. Dive must be **shallow. Underwater kicks/phase must be completed.** |
| **5.2** | Perform a backstroke start, remaining on back, gaining depth, and holding **streamline on entry**. Add in underwater kick. |
| **5.3** | Complete all turns including IM, ensure all are legal. |
| **Distance** | |
| **6.1** | Complete 350m without stopping. |

*Complete stroke tasks three times within session to tick off*