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| **Y/N** | **Skills to be Assessed** | **Insert: Modifications/ PA/TA/VA** |
|  | **Level 1: Water Exploration (Shallow water lesson)**  ♦ Fully submerge face in water  ♦ Front and back float with support  ♦ Kicking on front and back with support  ♦ Enter and exit the water independently |  |
|  | **Level II: Primary Skills (Shallow water lesson)**  ♦ Float on front and back unsupported for 5 seconds  ♦ Swim on front 5 yards without assistance  ♦ Swim on back 5 yards without assistance  ♦ Retrieve objects under water chest deep |  |
|  | **Level III: Stroke Readiness (Mid-pool lesson: shallow and deep)**  ♦ Swim the front crawl for 10 yards  ♦ Swim the back crawl for 10 yards  ♦ Jump into deep water  ♦ Bobs in water over the child’s head |  |
|  | **Level IV: Stroke Development (Deep water lesson)**  ♦ Deep water bobs  ♦ Standing dive from side of pool  ♦ Elementary backstroke for 10 yards  ♦ Front & back crawl 25 yards (entire length of pool)  ♦ Breastroke & Sidestroke kick with kickboard |  |
|  | **Level V: Stroke Refinement (Deep water lesson)**  ♦ Front & back crawl for 50 yards  ♦ Breastroke & sidestroke for 10 yards  ♦ Elementary backstroke for 25 yards |  |
|  | **Level VI: Skill Proficiency (Deep water lesson)**  ♦ Front & back crawl 100 yards  ♦ Breastroke & sidestroke 25 yards  ♦ Swim the butterfly 10 yards  ♦ Flip turn |  |
|  | **Level VI: Advanced Skills (Deep water lesson)**  ♦ Swim continuously 500 yards using any strokes  ♦ Backstroke flip turn  ♦ Tread water for 5 minutes |  |