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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  |  |