

## **BRONZE 1**

Skill No.Skill description

- 1 To enter the water safely
- 2 To kick on their front with minimal support to 5m
- 3 To kick on their back with minimal support to 5m
- 4 To blow bubbles for 3 seconds from their mouth & nose
- 5 To perform a push and glide on their front independently
- 6 To perform a push and glide on their back independently
- 7 To perform a star float on their front & return to standing unassisted
- 8 To perform a star float on their back & return to standing unassisted
- 9 To submerge under the water
- 10 To be confident jumping in unassisted
- 11 To climb out of the water safely
- 12 To have an understanding of water/poolside safety rules ie no running

## **BRONZE 2**

Skill No.Skill description

- 1 To swim frontcrawl without floats comfortably to 10m (inc a breath)
- 2 To swim backstroke without floats comfortably to 10m
- 3 To start to do breaststroke leg kick (with noodles)
- 4 To start to do butterfly leg kick
- 5 To be confident jumping into deep water unassisted
- 6 To perform different shaped floats on front
- 7 To perform different shaped floats on back
- 8 To pick a sinker off the floor (not on the platform)
- 9 To perform a log roll from front to back
- 10 To perform a log roll from back to front
- 11 To perform a tuck to rotate from a front float to a back float position
- 12 To perform a tuck to rotate from a back float to a front float position