Ages	6-10 Years old	☐
Category	**Checklist Item**	☐
Bodyposition	Demonstrate a streamlined position standing on dry land. Describe the position using the 'top to toe' checklist.	☐
Bodyposition	Perform a front float using the X, Y, and I (streamlined) positions. Hold each position for 5 seconds.	☐
Bodyposition	Perform a back float using the X, Y, and I (streamlined) positions. Hold each position for 5 seconds	☐
Lane	Use a pace clock to set off at a set interval agreed by the coach (e.g. every 5 or 10 seconds apart).	☐
In water starts	Push from a wall into a front streamlined position underwater	☐
In water starts	Push from a wall into a back streamlined position underwater	☐
Butterfly	Kick 25 metres butterfly with arms at side.	☐
Butterfly	Can sustain single arm dly with correct timing for 25m	☐
Backstroke	Kick 25 metres backstroke with arms at side	☐
Backstroke	Can sustain coordination of alternating backstroke arms with kick over 25m	☐
Breaststroke	Kick 25 metres breaststroke with hands on a small board or arms at side.	☐
Breaststroke	Can sustain coordination of Arm pull breastroke kick with a glide	☐
Freestyle	Kick 25 metres front crawl with arms at side.	☐
Freestyle	Can sustain coordination of frontcrawl arms and kick over 25m	☐
Skills	Perform a sitting dive from the side of the pool.	☐
Skills	Can do a flip turn	☐
Skills	Perform a back dive from a standing position in the water	☐
Level of Fitness	Can swim in D1 session for an hour	☐
Commitment	Can attend a session a week	☐
Team environment	Respectful to coach and peers	☐
Training Skills	Give four examples of items of swimming equipment and describe their use in training.	☐
Training Skills	Demonstrate how to use each of the items of equipment above.	☐
Purple is Swimming club award		