Age	6-10	
Category	Checklist Item	
RMAP Warm-Up	Demonstrate understanding of Raise, Mobilise, Activate, Prime. Perform one exercise from each phase.	☐
Stretching Protocols	Demonstrate effective stretching. Perform two key stretches.	☐
Timed Swim Set	Complete a short set (e.g. 8 × 25m) on a set turnaround time (e.g. every 60s), using a pace clock and prescribed intervals.	☐
Front Crawl Transition	Push off, streamline, dolphin kick (5m), transition to front crawl for at least 5 strokes.	☐
Butterfly Transition	Push off, streamline, dolphin kick (5m), transition to butterfly for at least 5 strokes.	☐
Breaststroke Transition	Push off, streamline, perform underwater pull-out, transition to breaststroke for at least 5 strokes.	☐
Backstroke Transition	Push off (back), streamline, dolphin kick (5m), transition to backstroke for at least 5 strokes.	☐
Process Goals	Demonstrate understanding of process goals.	☐
In water starts	Swim 25m showing rotation and coordination, including push off and transition.	☐
In water starts	Swim 25m showing rotation and coordination, including push off and transition.	☐
In water starts	Swim 25m demonstrating symmetrical limb action and controlled rotation.	☐
In water starts	Swim 25m demonstrating symmetrical limb action and controlled rotation.	☐
ALL STROKES	Perform effective push off and transition for each stroke turn.	☐
Butterfly	Can demonstrates correct fly timing for 25m with full stroke recovery	☐
Backstroke	Consistanly demonstrates a catch in Backstroke	☐
Breaststroke	Consistanly demonstaites a catch in Breastroke	☐
Freestyle	Consistanly demonstaites a catch in Frontcrawl	☐
Race Skills	Consistanlty turns with a 2-4-2 or A pull up to 10m	☐
Race Skills	Perform a standing dive into a streamlined underwater position.	☐
Race Skills	Perform a backstroke start (ideally with feet in trough) into streamline.	☐
Race Skills	Perform a simulated single-step relay takeover with arm swing on poolside.	☐
Level of Fitness	Can swim a hour in Development 4 session.	☐
Commitment	Can swim 3 sessions a week	☐
Competitve development	Has attended a Club Champs Gala	☐
Team environment	Respectful to coach and peers	☐
Purple is Swimming club award		