



STUDENT TRACKING TEMPLATE

STUDENT NAME

MODULE 2 Water Confidence & Submersion					MODULE 3 Breath Control, Floating & Gliding					MODULE 4 Kicking, Stroking & Survival Introduction					MODULE 5 Stroking & Survival Progression					MODULE 6 Swim & Survival Techniques					MODULE 7 Swim & Survive Application				
2.1	Enter and exit the water safely with a buddy.				3.1	Crouch and sit on the bottom of the pool floor.				4.1	Wade and enter the water safely.				5.1	Demonstrate freestyle and backstroke arm strokes while kicking for 10m.				6.1	Swim freestyle for 20m, rolling to breathe.				7.1	Swim 50m freestyle.			
2.2	Move through the water with feet on the floor.				3.2	Float on front and return to standing unsupported.				4.2	Streamline glide and kick on front and back.				5.2	Kick on front and roll to breathe on both sides.				6.2	Demonstrate breaststroke.				7.2	Swim 50m backstroke.			
2.3	Have water showered or sprinkled over their head.				3.3	Float on back and return to standing unsupported.				4.3	Roll from back to front and back again while kicking.				5.3	Demonstrate breaststroke leg action.				6.3	Demonstrate basic sidestroke.				7.3	Swim 25m breaststroke in still and moving water.			
2.4	Blow bubbles.				3.4	Streamlined glide on front and back.				4.4	Demonstrate freestyle and backstroke arms strokes while kicking.				5.4	Demonstrate survival backstroke for 10m.				6.4	Fit a lifejacket, demonstrate H.E.L.P. and huddle.				7.4	Swim 25m sidestroke in still and moving water.			
2.5	Submerge and pick up objects from the pool floor.				3.5	Roll from back to front and back again.				4.5	Scull on back - stationary and travelling for 10m head first and feet first.				5.5	Tread water for 1 minute.				6.5	Demonstrate duck & dolphin diving and safer dives.				7.5	Tread water wearing clothing and swim 20m using survival strokes.			
					3.6	Demonstrate basic sculling.				4.6	Stay afloat with an improvised floatation aid and signal for assistance.				5.6	Offer rigid and non-rigid aid for assistance.				6.6	Float in moving water.				7.6	Fit a lifejacket in water without standing on pool bottom.			