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| **Group A Swimmers** | **Assessment Record** | | | |
| Programme Start Date: |  | | | |
| Outcome | Swimmer1 | Swimmer2 | Swimmer3 | Swimmer4 |
| 1. Float on front with face in the water for a minimum of 5 seconds\* |  |  |  |  |
| 2. Float on back for a minimum of 5 seconds |  |  |  |  |
| 3. Float on front with face in the water for a minimum of 5 seconds\* |  |  |  |  |
| 4. Perform a float on front with face in the water and log roll onto back for a minimum of 5 seconds, then log roll onto front with face in the water for a minimum of 5 seconds |  |  |  |  |
| 5. Push and glide on front |  |  |  |  |
| 6. Push and glide on back |  |  |  |  |
| 7. Push and glide and swim 25 metres backstroke effectively |  |  |  |  |
| 8. Push and glide and swim 25 metres freestyle (front crawl) effectively |  |  |  |  |
| 9. Push and glide and swim 10 metres breaststroke effectively |  |  |  |  |
| 10. Travel 50 metres on front or back |  |  |  |  |
| 1. Perform an effective turn (touch or tumble turn impairment permitting) |  |  |  |  |
| 1. Perform a an appropriate competitive start on front and back (impairment permitting) |  |  |  |  |
| 1. Tread water or remain stationary on the surface for a minimum of 20 seconds |  |  |  |  |

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| **Group B Swimmers** | **Assessment Record** | | | |
| Programme Start Date: |  | | | |
| Outcome | Swimmer1 | Swimmer2 | Swimmer3 | Swimmer4 |
| 1. Perform a float on front with face in the water and log roll onto back for a minimum of 5 seconds, then log roll onto front with face in the water for a minimum of 5 seconds |  |  |  |  |
| 1. Push and glide on front |  |  |  |  |
| 1. Push and glide on back |  |  |  |  |
| 1. Push and glide and swim 25 metres backstroke effectively |  |  |  |  |
| 1. Push and glide and swim 25 metres freestyle (front crawl) effectively |  |  |  |  |
| 1. Push and glide and swim 25 metres breaststroke effectively |  |  |  |  |
| 1. Push and glide and swim 4 recognisable strokes of butterfly effectively |  |  |  |  |
| 1. Swim 50 metres with a combination of freestyle and backstroke |  |  |  |  |
| 1. Swim 50 metres of 1 choice of stroke |  |  |  |  |
| 1. Perform an effective touch turn |  |  |  |  |
| 1. Perform an effective tumble turn (impairment permitting) |  |  |  |  |
| 1. Perform a an appropriate competitive start on front and back (impairment permitting) |  |  |  |  |
| 1. Tread water effectively for a minimum of 30 seconds |  |  |  |  |

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| **Group C and D Swimmers** | **Assessment Record** | | | |
| Programme Start Date: |  | | | |
| Outcome | Swimmer1 | Swimmer2 | Swimmer3 | Swimmer4 |
| 1. Perform a float on front with face in the water and log roll onto back for a minimum of 5 seconds, then log roll onto front with face in the water for a minimum of 5 seconds |  |  |  |  |
| 1. Push and glide on front |  |  |  |  |
| 1. Push and glide on back |  |  |  |  |
| 1. Push and glide and swim 25 metres backstroke effectively |  |  |  |  |
| 1. Push and glide and swim 25 metres freestyle (front crawl) effectively |  |  |  |  |
| 1. Push and glide and swim 25 metres breaststroke effectively |  |  |  |  |
| 1. Push and glide and swim 25 metres butterfly effectively |  |  |  |  |
| 1. Perform a 75 medley of backstroke, breaststroke and freestyle |  |  |  |  |
| 1. Swim 50 metres choice of stroke |  |  |  |  |
| 1. Perform an effective touch turn |  |  |  |  |
| 1. Perform an effective tumble turn (impairment permitting) |  |  |  |  |
| 1. Perform an appropriate competitive start on front and back (impairment permitting) |  |  |  |  |
| 1. Tread water effectively for a minimum of 30 seconds |  |  |  |  |