

Table 1

	Reception	Year 1	Year 2	Year 3	
<b>Stage 1</b>	1	Show an understanding of Joy Lane Swimming Pool Rules	Answer 2 questions on Joy Lane Swimming Pool Rules	Show an understanding of The Water Safety Code	Answer 2 questions on The Water Safety Code
	2	Splash feet at the water's surface sitting on the side or using a noodle	Enter & exit the big pool safely without help	Jump in with help	Kick 5m on front with a noodle
	3	Scoop water with hands and wash face	Blow bubbles with mouth submerged	Blow bubbles with face submerged	Kick 5m on back with a noodle
	4	Move 5m across the small pool	Move 5m across the big pool, forwards, backwards and sideways	Kick 5m with a noodle on the front or back	Jump in without help
	5	Swim in a crocodile fashion across the small pool	Kick 2m with a noodle on the front or back	Pick up an object from the pool floor	Rotate from front to back using a noodle
	6	Attempt a star front on back with assistance	Perform a star float with a noodle	Perform a star float on front and back with a noodle	Tread water for 20 seconds using aids
<b>Stage 2</b>	1	Show an understanding of Joy Lane Swimming Pool Rules	Answer 2 questions on Joy Lane Swimming Pool Rules	Show an understanding of The Water Safety Code	Answer 2 questions on The Water Safety Code
	2	Enter & exit the big pool safely	Kick 5m on front with a noodle	Swim 2m front or back paddle without aids	Swim 5m front paddle
	3	Blow bubbles with mouth submerged	Kick 5m on back with a noodle	Perform a push & glide on front with face in the water	Swim 5m back paddle
	4	Kick 2m with a noodle on front or back	Perform a push & glide on front or back (with a noodle if required)	Perform a push & glide on back with ears in the water	Attempt breaststroke legs with a noodle
	5	Perform a jump with assistance	Perform a jump into the big pool (with assistance if required)	Perform a jump into the deep end (with assistance if required)	Attempt Dolphin kick
	6	Attempt a star front on back with assistance	Perform a star float (with a noodle if required)	Perform a star float on front and back (with a noodle if required)	Tread water for 20 seconds (using aids if required)
<b>Stage 3</b>	1	Show an understanding of Joy Lane Swimming Pool Rules	Answer 2 questions on Joy Lane Swimming Pool Rules	Show an understanding of The Water Safety Code	Answer 2 questions on The Water Safety Code
	2	Enter & exit the big pool safely	Perform a push & glide on front or back with arms by side	Push and glide on front and log roll onto back	Swim 10m frontcrawl attempting side breathing
	3	Blow bubbles with whole face submerged	Kick 5m on front with a float	Swim 5m on front and back	Swim 10m backstroke
	4	Kick 5m with a noodle on front or back	Kick 5m on back with a float	Attempt breaststroke kick with a noodle	Swim 5m of dolphin kick
	5	Perform a jump into the big pool (with assistance if required)	Perform a jump into the big pool	Perform a jump into the deep end without assistance	Swim 5m of breaststroke kick with noodle or float
	6	Perform a star float on back (with a noodle if required)	Perform a star float on back without aids	Perform a star float on front with face in the water and back with ears in the water with no assistance	Tread water for 20 seconds
<b>Stage 4</b>	1	Show an understanding of Joy Lane Swimming Pool Rules	Answer 2 questions on Joy Lane Swimming Pool Rules	Show an understanding of The Water Safety Code	Answer 2 questions on The Water Safety Code
	2	Kick 5m on front (with a float if required)	Swim 5m on front	Swim 10m frontcrawl attempting side breathing	Swim 15m frontcrawl*
	3	Kick 5m on back (with a float if required)	Swim 5m on back	Swim 10m backstroke	Swim 15m backstroke*
	4	Submerge to pick up an object from the pool floor	Attempt breaststroke kick with a noodle	Swim 10m of dolphin kick	Swim 15m breaststroke*
	5	Perform a jump into the deep end without assistance	Perform a push & glide in a streamline position on back with ears in the water and front with face in the water	Swim 10m of breaststroke kick with noodle or float	Swim 15m butterfly*
	6	Perform a star float on front with face in the water and back with ears in the water with no assistance	Perform a mushroom float	Perform a head-first sculling action for 5m on back	Tread water for 20 seconds
				*using recognised strokes	