Table 1

		Year 4	Year 5	Year 6
Stage 1	**1**	Know all 4 criteria of The Water Safety Code	Know what to do in an emergency around water	Perform a reach rescue
	2	Swim 3m on front or back	Swim 5m of any stroke	Swim continuously for 60 seconds in clothes with no goggles (with aids if required)
	3	Kick 10m with flat on front or back	Submerge to pick up a toy from the pool floor	Perform a log roll
	4	Attempt breaststroke kick with a noodle	Perform a mushroom float	Perform a star flat for 30 seconds (with aids if required)
	5	Attempt dolphin kick	Perform “HELP” position	Tread water for 30 seconds (with aids if required)
	6	Climb out of the deep end without using steps	Jump into deep end with no aids	Distance swam:
Stage 2	**1**	Know all 4 criteria of The Water Safety Code	Know what to do in an emergency around water	Perform a reach rescue
	2	Swim 10m on front	Swim 15m of any stroke	Swim continuously for 60 seconds in clothes with no goggles
	3	Swim 10m on back	Push & glide underwater to pick up a toy from pool floor	Push & glide on front, log roll onto back
	4	Swim 5m of breaststroke kick with noodle or float	Perform a mushroom float	Perform a star flat for 30 seconds
	5	Swim 5m of dolphin kick	Perform “HELP” position	Tread water for 30 seconds
	6	Climb out of the deep end without using steps	Perform a sitting dive	Distance swam:
Stage 3	**1**	Know all 4 criteria of The Water Safety Code	Know what to do in an emergency around water	Perform a reach rescue
	2	Swim 15m frontcrawl	Swim 25m of any stroke	Swim continuously for 2 minutes in clothes with no goggles
	3	Swim 15m backstroke	Push & glide underwater to pick up a toy from pool floor	Perform a sculling action on back for 10 metres
	4	Swim 10m breaststroke	Attempt a handstand in the water	Perform a star flat for 45 seconds
	5	Swim 10m of dolphin kick	Perform “HELP” position	Tread water for 45 seconds
	6	Perform a straddle entry into the pool	Perform a sitting dive, maintain streamline to log roll onto back	Distance swam:
Stage 4	**1**	Know all 4 criteria of The Water Safety Code	Know what to do in an emergency around water	Perform a reach rescue
	2	Swim 25m frontcrawl	Swim 4 x 15m Individual medley with recognised strokes	Swim continuously for 2 minutes in clothes with no goggles
	3	Swim 25m backstroke	Push & glide underwater to pick up a toy from pool floor	Perform a head first sculling action for 15m and a feet first sculling action for 15m
	4	Swim 25m breaststroke	Perform a handstand in the water for 5 seconds	Perform a star flat for 60 seconds
	5	Swim 25m butterfly	Perform “HELP” position	Tread water for 60 seconds
	6	Perform a straddle entry into the pool	Perform a sitting dive, swim 5m on front, tuck to return on back	Distance swam: