GOSWIM" | SWIMALIS"

Infants



Level 1 6-12 months

Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Supported Holds
- Readiness and cueing (name, ready
- Supported vertical rotation
- Supported glides from one to another
- Use of flotation aids (supported)
- Safety and supervision

Parent or Carer participation in the water



Level 2

12-24 months

Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Student development milestones on land; relating and using them in
- Increased independence
- · Improving breath control
- Use of flotation devices (assisted)
- Assisted holds
- Assisted submersions when ready

Parent or Carer participation in the water



Level 3

2+ years

Skills:

- Understanding skill, comfort and the role of the parent or carer • Safe entries and exits
- Student follows independently
- Independent kicking and arm action Improved buoyancy and balance
- Increased breath control
- Moves along wall independently
- Use of flotation devices (independent)
- Jump in and returns to the edge

Parent or Carer participation in the water



3+ years

Skills:

- Practice safe entries and exits
- Improved Water confidence
- Practice front and back floating Personal water safety awareness
- and self-preservation
- Basic buoyancy, propulsion and
- Learning breath control and personal safety
- Pool and water safety discussion

Parent or Carer observing from side



Skills:

- Independent water confidence and water familiarisation
- Demonstrate safe entries and exits • Learning breath control and personal safety
- Personal water safety awareness Self-preservation skills including
- Independent buoyancy, propulsion, and mobility

Parent or Carer observing from side



Level 6

Skills:

- Independent water confidence and water familiarisation
- Personal water safety awareness
- Self-preservation and survival skills • Independent buoyancy, propulsion,
- and mobility Streamline body positioning
- Arm and leg movement toward recognisable stroke
- Breath control/breathing skills

Parent or Carer observing from side

Primary



Level 7

Skills:

- Increased water confidence and familiarisation
- Personal water safety awareness
- Self-preservation and survival skills
- enter and return to the edge • Independent buoyancy, propulsion
- and mobility with aids
- Practice streamlined body positions • Demonstrate arm and leg

movements working towards a recognisable stroke for freestyle and backstroke

• Peer based lessons – working

• Safety around different aquatic

environments including the home

• Introduce rescue safety – self-

• Balance & rotation – body

• Jump into deep water and return to

• Submerge and retrieve an object

within a group/team

and public pools

preser vation

the edge

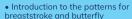
awareness

from the bottom

Skills:

- Entry and exits relevant to a pool • Develop an awareness of aquatic environments and describe the characteristics of each
 - Explore body rotation / balance
 - Recover an object from deep water
- without goggles • Body awareness – freestyle and
- backstroke patterns
- Safe crouching dive
- Self-preservation skills

Skills:



- Aware of use and personal safety elements of a compact jump entry
- Aware of rescue sequences & capable of selecting an appropriate rescue aid
- · Aware of personal safety & risk elements associated with peer pressure
- Self-preservation skills
- Swim wearing long pants and a long sleeve shirt





Level 8

Level 9

Skills:

Skills:

- Awareness of two safe entries and exits
- Knowledge of pool area and other aquatic environments
- Personal water safety awareness
- Simulated open water experience
- Self-preservation
- Fit a life jacket enter the water and float then exit
- Surface dive and recover an object from deep water 1.2 - 1.5m
- Sitting dive followed by push and alide steering up.



Level 11

Level 10

Level 12

Skills:

- Aware of the timing for swimming breaststroke and butterfly
- Aware of a range of open water environments, common activities, as
- well as risk & personal safety aspects Awareness of personal competence
- Aware of demands and impact to personal competency for a range of open water environments
- Can articulate knowledge and understanding of rips and currents, and what to do if ever stuck in a rip current.
- Swim an individual medley

ACADEMY

Level 13 GOswim Academy 1

- Demonstrate different water entry and exit methods based on different scenario and water environment
- Practice being able to swim different strokes at different speeds. Work out which stroke and speed is required to get to a finishing point in a desired time
- Practice being in a position of danger, be able to analyse the surroundings and select the method to navigate obstacles in order to reach a point of safety
- Be able to reflect on their own current level of competency and be able to select a target that is attainable within the selected timeframe, with a knowledge of how to

Level 14 GOswim Academy 2

- Develop the ability to recognise their current endurance level for each stroke and therefore be able to suitably select a stroke in which to swim to reach the desired destination
- Practice using an aquatic skill that can be converted or utilised in another aquatic discipline (e.g. water polo)
- Practice performing racing skills. Understanding the rules for the event and how to
- best to maximise their own performance • Be able to analyse their own current swimming ability and select an area of improvement with an understanding of how to achieve it.
- Swim 400m using a variety of nominated strokes

