

## **Learn to Swim Stage 3**

Ratio 1:10

Developing safe entries into the water, including submersion, travelling up to 10 metres on the front and back, progressing rotation skills and water safety knowledge.

### **Outcomes**

By completing this Award, without floatation equipment or support, learners will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back
6. Fully submerge to pick up an object.
7. Correctly identify three of the four key water safety messages.
8. Push and glide and Swim 10 metres on the back.
9. Push and glide and Swim 10 metres on the front.
10. Kick 5 metres Breaststroke
11. Kick 5 metres Butterfly
12. Tread water for 10 seconds
13. Perform a tuck float and hold for three seconds.
14. Exit the water without using steps.