

Dragonz 1

Adult requires in water until child is happy to leave the parent.

1. Able to follow instructions
2. Able to wait for their turn
3. Not run away (stay with the teacher)

Unit Description	Unit must sees
1 Safe entries	Sit on edge and slide in
2 Happy participation	Active and willing participant
3 Blowing bubbles	On surface of water, confidently – attempting whole face in
4 Submerge to neck	Attempt whole body underwater
5 Move through the water with aid on front	Encourage head first, blowing bubbles to mouth on surface, splashy kick, any aids acceptable
6 Float on front with aid and recover	Teacher assisted, near horizontal body position, attempt stand up
7 Movement through the water with aid on back, teacher assisted	Kicking legs, encourage little kicks, any aid Acceptable
8 Float on back with aid	Relaxed, confident, ears in water, near horizontal body position, with support of teacher or aids, 4-5 Seconds.
9 Ride on noodle on ledge (body awareness, balance & control)	Ride on noodle on ledge (body awareness, balance & control)
10 Keep Alive and Survive	1. Never swim alone 2. Dragonz, Dragonz (monkey on wall)
11 Safe exit	Climb out unassisted

Dragonz 2

Unit Description	Unit Must Sees
1 Blow bubbles	Exhale in water – whole face in
2 Submerge	To nose level – vertical submergence
3 Floating face down	Independent float with aid, face in, exhaling, 5 seconds, recover to stand
4 Forward glide with aid	Start with shoulders under water, toes on blue line, arms extended forward, face in water, exhaling, near horizontal body position
5 Float on back and recover	Ears in, near horizontal body position for 10 seconds, use of aids acceptable
6 Independent movement through the water with aid, on back	Kicking legs, encourage little kicks, any aid acceptable
7 Back glide – no kick	Teacher assisted, shoulders under, ears in, push belly button to surface, near horizontal body position. Push back from wall (feet on wall) teacher assisted
8 Retrieve toy from ledge/platform	Eyes in, encourage complete submersion
9 Keep Alive and Survive	1. Sculling – teacher assisted 2. Treading water with aids – teacher assisted

Dragonz 3

To familiarize the beginner with the water by the introduction of confidence, safety and survival activities

Unit Description	Unit Must Sees
1 Blow bubbles	Exhale in water – whole face in
2 Submerge	To nose level – vertical submergence
3 Floating face down	Independent float with aid, face in, exhaling, 5 seconds, recover to stand
4 Open eyes under water. Identify object	Confidence. Ability to clearly identify object
5 Submerge. Waist deep	Entire head underwater – retrieve toy
6 Glide forward and recover. Waist deep (min)	Face in the water – exhaling. Near horizontal body position. Arms extended in front of head. Recovery to a standing position.
7 Float or glide backward and recover. Floatation aid acceptable	Near horizontal body position. Recovery to a standing position.
8 Water safety sequence	Confident entry into and exit from water. Float for 10-15 seconds with a floatation aid.

Dragonz 4

Unit Description	Unit Must Sees
1 Submerge	Submerge completely, exhaling, confidently – independent – whole head under
2 Breathing/Bubbles	Move through the water, exhaling, recover take 2 nd breath and forward glide- teacher assisted
3 Front glide	Streamlined body position, chin on chest, no kick, exhaling, independent to teacher
4 Forward glide and kick	Streamlined body position chin on chest, exhaling, ears below arms, long leg flutter kick. Independent to teacher, no set distance required (i.e. one breath length)
5 Freestyle arms	Introduction to arm stroke. Teacher assisted and/or with aid
6 Back float	With aid – 15 seconds
7 Back glide and kick – with aid	Horizontal body position, ears in water, long leg flutter kick, no set distance required -
8 Dolphin body	2 undulating dolphin movements, exhaling
9 Keep Alive and Survive	<ol style="list-style-type: none"> 1. Sculling - unassisted 2. Treading water – no aid, teacher assisted 3. Enter off mat/platform and return to pool edge and dragonz to safety

Dragonz 5

Unit Description	Unit Must Sees
1 Submerge	Chest deep water – retrieve toy
2 Glide forward and kick 2m. Horizontal body position. Face in.	Near horizontal position. Face in water, Exhaling. Flutter kick without excessive knee bend
3 Glide forward and kick 3m	As above – taking at least 1 breath over distance
4 Glide backward, kick and recover. No set distance	Near horizontal body position. Flutter kick without excessive knee bend
5 Backstroke arms	Introduce arm stroke. Teacher assisted and/or with aid
6 Dolphin Body	Arms extended forward – 2 metres
7 Freestyle 3 meters	Flutter kick. Arm recovery clear of water. Face in water, exhaling
8 Scull/tread water. Basic hand and leg action	Outward and inward scull. Alternating leg action. Ability to gain some support

Dragonz 6

Water Discovery *To familiarize the beginner with the water by the introduction of confidence, safety and survival activities*

Unit Description	Unit Must Sees
1 Glide forward and kick 3m. Horizontal body position. Face in.	Near horizontal position. Face in water, Exhaling. Flutter kick without excessive knee bend
2 Glide backward, kick and Recover. No set distance	Near horizontal body position. Flutter kick without excessive knee bend
3 Freestyle swim 5m. Face submerged	Flutter kick. Arm recovery clear of water. Face in water, exhaling
4 Backstroke 2m.	Near horizontal body positions without excessive knee bend. Arms straight
5 Scull/tread water. Basic hand and leg action	Outward and inward scull. Alternating leg action. Ability to gain some support
6 Water safety sequence	Glide forward and recover to a standing position. Float for 30 sec with floatation aid. Be pulled to safety

Dragonz 7

To familiarize the beginner with the water by the introduction of confidence, safety and survival activities

Unit Description	Unit Must Sees
1 Glide forward and kick 4metres Horizontal body position. Face in.	Near horizontal position. Face in water, exhaling. Flutter kick without excessive knee bend
2 Glide backward, kick 4 metres	Near horizontal body position. Flutter kick without excessive knee bend
3 Freestyle swim 5m. Face submerged.	Flutter kick. Arm recovery clear of water - breathing
4 Backstroke 5m	Near horizontal body position without excessive knee bend. Arms straight.
5 Submerge & swim 2 metres under water	Complete submersion, confidence in being under water for distance
6 Submerge	Collect 2 toys in one under water swim
7 Scull/tread water. Basic hand and leg action	Outward and inward scull. Alternating leg action. No aid
8 Dolphin Kick	3 metres

Dragonz 8

To increase awareness of the water by means of activities which develop water confidence, water safety, swimming and survival activities

Unit Description	Unit Must Sees
1 Freestyle swim 10m. Breathing	Near horizontal body position. Regular leg action. Regular breathing pattern
2 Glide backwards and kick 5m. Waist deep (min)	Near horizontal body position. Flutter kick without excessive knee bend
3 Backstroke 10m.	Near horizontal body position without excessive knee bend. Arms straight.
4 Breaststroke leg action swim 5m. On back with board	Circular movement of feet. Visible attempt to turn toes
5 Demonstrate survival sculling	Sculling hand action. Flat relaxed hand. Effective support
6 Demonstrate forward roll. Basic	Desirable to see. Roll on one plane. Recovery to standing position
7 Water safety sequence	Glide and swim 10m. Recover to standing position. Support body in upright position and signal distress