



# Stage 5



**By the end of this stage participants will be able to, without aids:**

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for 5 metres whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds
5. Perform 3 different shaped jumps into deep water
6. Swim 10 metres backstroke
7. Swim 10 metres front crawl face in the water
8. Swim 10 metres breaststroke
9. Swim 10 metres butterfly
10. Perform a handstand and hold for a minimum of 3 seconds
11. Perform a forward somersault, tucked, in the water
12. Demonstrate an action for getting help