



# Stage 7



**By the end of this stage participants will be able to:**

1. Swim 25 metres backstroke
2. Swim 25 metres front crawl
3. Swim 25 metres breaststroke
4. Swim 25 metres butterfly
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: **Sculling** - head first, feet first; **Rotation** - forward and backward somersault, log roll; **Floating** - star on the front/on the back, tuck float, create own; **Egg beater** - moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. Swim 100 metres using 3 different strokes
9. Tread water using egg beater action for 30 seconds
10. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout