



# BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!

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## Big Swimmer - Level 1 – 3 years+

**Learning Outcomes: By the end of the level most children should be able to:**

1. Enter water safely using appropriate method for the pool
2. Swim on a woggle without assistance on fronts and backs
3. Swim on catamarans without assistance on fronts and backs, with aquatic breathing
4. Swim on one catamaran on fronts and backs, with single arm action and kicking legs.
5. Put whole face in water to blow bubbles, breath and blow in rhythmic pattern turning head to side to breathe
6. Swim 5m unaided front paddle blowing bubbles and lifting own head to breathe
7. MMM without assistance
8. Push and glide (prone) then swim to carer
9. Push and glide (supine) into kicking on backs with more streamlined position
10. Kicking legs showing alternating action, long legs floppy feet
11. Attempt front crawl arm action - single arm with float/woggle
12. Attempt back crawl arm - single arm with float/woggle
13. Tread water action with legs on woggle, sculling with hands
14. Float on back in basic star shape with 2 floats, no assistance
15. Jump in from poolside with bended knees, then turn and swim back to wall to hold on
16. Turntable rotation without assistance
17. Sitting dive without assistance
18. Horizontal rotation holding float without assistance
19. Collect a submersible object from bottom of pool with assistance
20. Push up from bottom of pool to resurface
21. Climb out without assistance