



# Stage 1



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

1. Enter the water safely
2. Move forwards for a distance of 5 meters
3. Move backwards for a distance of 5 meters
4. Move sideways for a distance of 5 meters
5. Scoop the water and wash face
6. Be at ease with water showered from overhead
7. Move into a stretched floating position using aids, equipment or support
8. Regain an upright position from on the back, with support
9. Regain an upright position from on the front with support
10. Push and glide in a horizontal position to or from a wall
11. Take part in a teacher led partner orientated game
12. Demonstrate an understanding of pool rules
13. Exit the water safely