



# Stage 4



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

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (min of 3) whilst floating at the surface
4. Push and glide from the wall to the pool floor
5. Kick 10 meters Backstroke (one item of equipment optional)
6. Kick 10 meters Front Crawl (one item of equipment optional)
7. Kick 10 meters Butterfly on the front or on the back (one item of equipment optional)
8. Kick 10 meters Breaststroke on the back (one item of equipment optional)
9. Kick 10 meters Breaststroke on the front (one item of equipment optional)
10. Perform on the back a head first sculling action for 5metres in a horizontal position
11. Travel on back and roll in one continuous movement on to front
12. Travel on front and roll in one continuous movement on to back
13. Swim 10 meters, choice of stroke is optional