



Junior Teaching 1

Syllabus

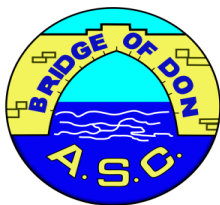
Syllabus

Skill Development

Enter water confidently and unaided using a sit and swivel entry.	
Perform movement exercises confidently using a combination of hop, skip and jump.	
Put face in water and blow bubbles for 5 seconds.	
Bob up and down to fully submerge the head - repeat 6 times continuously.	
Open the eyes under the water and identify an object shown by the teacher.	
Push off wall or floor to show a horizontal position on the front with face in water with/without aids.	
Show a motionless float and hold for 5 seconds with/without float.	
Climb out of the pool without the aid of the steps.	

Stroke Development

Travel 5 metres using an alternating kicking action whilst holding onto a woggle.	
Travel 5 metres using a simultaneous kicking action whilst holding onto a woggle.	
Standing with arms in the water stretched in front of the shoulders, show an underwater alternating arm action.	
Standing with arms in the water stretched in front of the shoulders, show an underwater simultaneous arm action.	
Travel 5 metres using alternating kick on the front without aids.	
Travel 5 metres using alternating kick on the back without aids	
Using arms and legs travel 5 metres on front without aids.	
Using arms and legs travel 5 metres on back without aids.	
Achieve a horizontal position on back with float(s).	
Knowledge of breaststroke leg action with feet turned out.	



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Skill Development

Controlled feet first entry (minimum 0.9m) from the side with confidence and without support.	
Submerge to kneel on pool floor and then completely for 5 seconds.	
Submerge with eyes open, pick up object from pool floor using both hands without hesitation.	
Float confidently on front without support for 5 seconds and regain standing position.	
Float confidently on back without support for 5 seconds and regain standing position.	
Standing in shallow water, arms extended below surface, in line with shoulder - demonstrate a figure of 8 sculling action.	
From the wall push off with 2 feet and hold streamlined glide on the front for 5 seconds.	
Hold a tucked floating position for 10 seconds.	

Stroke Development

Stand with face in the water - breathe to the side(repeat 6 times) / breathe to front (repeat 6 times).	
Kick 5m on the back or front using a dolphin undulation action with toes pointed.	
Kick 5m on the front using an alternative action with legs long and toes pointed without aids.	
Kick 5m on the back using an alternative action with legs long and toes pointed without aids, hands by side.	
Stand with shoulder under the water and demonstrate a small circular breaststroke action.	
Using arms and legs travel 10m on back.	
Using arms and legs travel 10m on front.	
Standing upright demonstrate a circular backcrawl action.	
Swimming on back for 5m using a breaststroke circling leg action, with feet turned out without a float.	
Standing in pool with shoulders at the water surface, hands in front demonstrate an alternating frontcrawl arm action.	



Junior Teaching 2

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Skill Development

3 different jumps, entering feet first and showing control in flight and on landing (min. depth 0.9m).

On the back and using 2 feet push off from the wall into a streamlined position and hold stretch position, arms overhead in line with the body, for a minimum of 5 seconds.

Push and glide perform a mushroom float, hold for 5 seconds, extend to horizontal pencil float and regain feet.

Scull head first, on the back, for a distance of 5m .

From a horizontal flat stretched position (face in the water) rotate through 360 degrees and regain standing position.

Submerge, move underwater to object 5m away, pick up, surface and return to start on back carrying the object.

Tread water, using hands and feet, for a minimum of 15 seconds, to include 2 x 360 degree turns in vertical position, one in each direction.

Start with a push and glide and swim underwater through a hoop, covering a distance of 5m.

Push and glide on surface, pike sharply, handstand with both hands on bottom - performed in chest deep water.

Mushroom float for 10 seconds.

Stroke Development

Kick 10m frontcrawl leg action, without a float and with hands still.

Kick 10m using a breaststroke leg action, with or without float.

Kick 10m using a backcrawl leg action without a float.

Travel 5m on the front using arms and legs rotate horizontally and continue for 5m using legs and arms.

Swim 10m full stroke frontcrawl showing basic technique with regular breathing.

Swim 10m full stroke backcrawl showing basic technique with regular breathing.

Swim 10m full stroke breaststroke showing basic technique with regular breathing.

Kick 10m butterfly using a dolphin leg action without using a float. Keep arms by side whilst kicking.

Stand in water and walking using butterfly arm action.



Junior Teaching 2a

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Skill Development

Demonstrate confidence entering and swimming in deeper water.	
3 different jumps, entering feet first and showing control in flight and on landing (min. depth 1.2m).	
On the back and using 2 feet push off from the wall into a streamlined position and hold stretch position arms overhead in line with the body for a minimum of 5 seconds, with good flat body position.	
Push/glide prone/supine in streamlined position with extended arms (hands on top of each other if possible).	
Tread water vertically for 20 seconds using legs only for 5 seconds.	
Push and glide and attempt a forward somersault.	
Push and glide, pike and pick up object from bottom of the pool and then glide to the surface.	
Perform a back float, tuck, rotate to a front float and return to a standing position.	
Scull 5m head first scull on the back.	
Attempt a 5m feet first scull on the back.	

Stroke Development

Kick 15m frontcrawl legkick showing good breathing patterns with a float.	
Kick 10m using a breaststroke leg action, with or without a float (feet turned out).	
Kick 10m using backcrawl leg action with arms extended.	
Swim 20m (two widths) full stroke frontcrawl showing basic technique with regular breathing.	
Swim 20m (two widths) full stroke backcrawl showing basic technique with regular breathing.	
Swim 20m (two widths) full stroke breaststroke showing basic technique with regular breathing.	
Kick 10m butterfly using a dolphin leg action without using a float. Keep arms by side whilst breathing and kicking.	
Kick 5m butterfly kick on back, hands by sides.	
Kick 10m backcrawl from a push and glide.	



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Skill Development

Perform a straddle jump entry into water of at least full reach height.	
A jump with tuck entry into water of at least full reach height depth.	
Perform a sitting dive and transition to stroke.	
Perform a kneeling dive and transition to stroke.	
Perform a head first surface dive, swim underwater for a distance of 5m and pick up an object using both hands; return the object to the side and then climb out unaided.	
Push and glide into forward somersault.	
Scull head first on the back for 5m; rotate to front; somersault, scull 5m feet first on the back.	
Tread water for 30 seconds, with head above surface throughout, showing 2 different methods of kicking to include one arm out of the water for 10 seconds.	
A feet first surface dive to show complete submersion.	
Back somersault starting with a horizontal position.	
Perform lifesaving 'HELP' position.	

Stroke Development

Kick 20m frontcrawl with correct breathing pattern using an efficient frontcrawl leg action, holding a float.	
Kick 20m breaststroke using an efficient breaststroke leg action, using a float.	
Kick 20m backcrawl with efficient backcrawl leg action, arms extended.	
Swim 25m full stroke breaststroke showing basic technique with feet turned out.	
Swim 25m full stroke frontcrawl showing basic technique.	
Swim 25 full stroke backcrawl showing basic technique.	
Kick 15m butterfly kick without the use of floats.	
Swim 10m full stroke butterfly showing basic technique .	
Swim 50m continuously, smoothly, on own choice of stroke(s) showing basic technique throughout and include turn.	
Demonstrate a hand touch turn for frontcrawl covering a distance of 5m before and after the turn.	
Swim 25m on either frontcrawl or backcrawl showing efficient technique.	
Swim 25m either breaststroke or butterfly showing efficient technique.	



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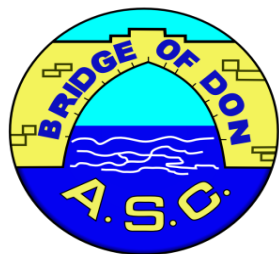
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Skill Development

Perform a crouch dive and transition into any of the strokes.	
Two different jumps at with body straight on entry to water at deep end of the pool. Jumps to be chosen from straight, tuck, pike, star and turning.	
Perform a feet first surface dive in a depth of at least double body height and pick up 'sinker' from the bottom of the pool.	
Tread water and pass a ball accurately to a partner positioned 5m away.	
Scull in any horizontal position for 15m without relying on kick.	
Swim at least 5m; transition into a somersault and then continue down the pool.	
Perform a push and glide off a wall, consistently getting distance off the wall in a streamlined position.	

Stroke Development

Swim 75m backstroke showing efficient technique throughout.	
Swim 75m breaststroke showing efficient technique throughout.	
Swim 75m frontcrawl showing efficient technique throughout.	
Swim 15m butterfly showing efficient technique throughout.	
A correct two handed turn for butterfly covering a minimum of 5m before and after the turn.	
A correct hand touch or tumble turn for backcrawl covering a distance 5m before and 5m after the turn.	
A correct simultaneous two handed touch turn for breaststroke covering a distance of 5m before and after the turn.	
Kick 50m using a float on frontcrawl showing efficient technique throughout.	
Kick 50m with arms extended on backcrawl showing efficient technique throughout.	
Kick 25m using a float on breaststroke.	
Kick 20m with arms either extended or at the side of the body on butterfly.	
Swim continuously for 100m on any stroke or combination of strokes showing efficient technique throughout (covering a minimum of 25m continuously on any of the strokes used). 10 seconds rest may be taken after each 25m length has been swum.	
A frontcrawl tumble turn covering a minimum distance of 5 metres before and after the turn.	
Demonstrate an appropriate individual medley turn for each for each of the following situations:- a butterfly into backcrawl turn, a backcrawl into breaststroke turn and a breaststroke into frontcrawl turn.	



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Skill Development

3 pre swim loosening exercises (arm circling; trunk circling; whole body stretch) performed slowly and smoothly with control.

Perform a plunge dive into water of at least 1.8m holding the streamlined position and covering a distance of at least 5m.

Perform lifesaving 'HELP' position, tread water for 1 minute to include one arm out of the water for 30 seconds signalling for help.

On the back, scull head first for 10m, and feet first for 10m.

Swim Frontcrawl, head up, and propel a ball for a distance of 15m, controlling it throughout. At the end of the 15m tread water, pick up the ball with one hand and throw it to land in a floating hoop positioned 5m away.

From a push and glide on the back perform a back circle with body stretched throughout.

A Frontcrawl racing start, including the correct response to commands and the transition to the stroke.

A backcrawl racing start including transition to stroke.

A breaststroke racing start including the transition to stroke.

Show consistent ability to use the pace clock accurately for starting on 4 single length swims.

Swim one length (min 20m) combining an alternating arm action and a simultaneous leg kick.

Swim one length (min 20m) combining an simultaneous arm action and an alternating leg kick.

Stroke Development

Swim continuously for 10 minutes using two different competitive strokes and changing every length between an alternating and simultaneous stroke. Efficient technique must be shown throughout.

Swim 4 x 50 on frontcrawl with 10-15 seconds rest between each 50m. Efficient technique and control of stroke and pace must be shown throughout.

Swim 50m on any stroke and use the pace clock to accurately time the swim (+/- 1 second).

Kick for 3 minutes continuously changing every length between an alternating and simultaneous kick.

From a racing start swim 4 x 25 individual medley order with 10-15 seconds rest between each 25m. Efficient technique must be used throughout with correct finish of each stroke.

A backcrawl tumble turn covering a minimum distance of 5m before and after the turn.

Swim 4 lengths on frontcrawl and backcrawl accurately counting the number of single arm strokes for each length. Take 15-20 seconds rest between each length.

Swim 100m on own choice of stroke showing a correct start, turn and finish and showing efficient technique throughout.