



Launching into Swimming

Benchmarks 1-10

S1 - I can lift my legs off the bottom of the pool while holding onto a float with help.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S2 - I can push off the wall of the pool using my feet with an adult supporting me.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S3 I can hold onto the rail and practice kicking my legs in the water by myself.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S4 - I can jump into the pool independently, landing safely in the water.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S5 - I can swim on my front using floats without needing an adult nearby.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S6 - I can push off the wall independently while using floats for support.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S7 - I can float in the water on my front or back without help for 5 metres.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S8 - I can achieve a push and glide in the water without any support.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S9 - I can swim on my back using floats for support without adult help for 5 metres.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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S10 - I can swim independently for 15 metres on my front and also swim independently for 15 metres on my back.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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