



Star 2 Continued

Strokes

Front Crawl: Intermediate Standard, 25m

- Heels break the surface of the water on body roll
- Body rolls equally to both sides
- Pull continues past thigh
- Hand enters water, elbow bends slightly to pull along centre line of the body, and pushes water past thigh with body roll

Back Crawl: Intermediate Standard, 25m

- Body rolls equally to both sides
- Head is back and relaxed looking at ceiling
- Pull continues past thigh
- Arm rotation is continuous
- Toes break surface on the roll
- Hand enters water, elbow bends slightly as hand moves towards thigh with body roll

Breaststroke Initial Standard, 15m

- Chest and hips, aligned, slight bend at thigh with kick
- Legs move symmetrically
- Feet flexed, pushes with feet and inside of leg on whip
- Feet are wider than knees on whip

Stroke Development

- Elementary backstroke initial standard 25 m
- Front crawl: maintain intermediate standard for at least 25m of a 50m swim
- Back crawl: maintain intermediate standard for at least 25m of a 50m swim
- Any combination of strokes for 100 m

Water Safety Knowledge and Water Skills

- Lifesaving: whip kick on back, carry a 5 lb object, 10 m
- Water safety appropriate to community and season