

# Stroke School Curriculum Chart



Achievement Levels					
	WHITE	RED	YELLOW	BLUE	GREEN
<b>Skill Steps:</b>	<i>Freestyle and backstroke</i>	<i>Resting strokes: elementary backstroke and sidestroke</i>	<i>Butterfly</i>	<i>Breaststroke</i>	<i>Endurance/fitness</i>
<b>Arm action</b>	Above water recovery Underwater catch and pull	Underwater catch, pull, recovery	Above water recovery Underwater catch and pull	Underwater catch, pull, recovery	<ul style="list-style-type: none"> <li>Swim in trains</li> <li>Swim on intervals</li> <li>Open turn</li> <li>Flip turn</li> <li>Backstroke turn</li> <li>Survival float</li> <li>Racing dive (when water depth is greater than 2 m/6 ft)</li> <li>Vertical fitness workouts</li> </ul>
<b>Leg action</b>	Flutter kick	Inverted whip kick Scissor kick	Dolphin kick	Whip kick	
<b>Body position and breathing</b>	Head position Streamline Rotary movement Side breathing position (freestyle)	Head position Inhale – recovery Exhale - pull	Head position Pulsing	Head position	
<b>Coordination and timing</b>	1-2-3 breathe method (freestyle) Alternate arms (backstroke)	Pull Glide (recovery)	Undulation	Pull, breathe, reach, kick, glide	
<b>Safety Skill Benchmark</b>	Always ask permission before getting in the water	Put on a lifejacket from in the water, kick on back 10 m/30 ft	Emergency scenarios	Survival float 2 minutes	
<b>Swim Skill Benchmark Beginner</b>	Freestyle and backstroke 10 m/30 ft	Elementary backstroke and sidestroke 10 m/30 ft	Butterfly 10 m/30 ft	Breaststroke 10 m/30 ft	Swim 300 m/yd using at least 2 strokes
<b>Swim Skill Benchmark Advanced</b>	Freestyle and backstroke 25 m/yd	Elementary backstroke and sidestroke 25 m/yd	Butterfly 25 m/yd	Breaststroke 25 m/yd	Swim 300 m/yd using at least 4 strokes