

CCI Water Skills Progression Map Stages 1-4

<u>CCI Water SkillsStage 1</u>	Enter the water safely.	Move forward for a distance of 5 metres, feet may be on or off the floor.	Move backwards for a distance of 5 metres, feet may be on or off the floor.	Move sideways for a distance of 5 metres, feet may be on or off the floor.	Scoop the water and wash the face.	Be comfortable with water showered from overhead.	Move from a flat floating position on the back and return to standing. (With support)	Move from a flat floating position on the front and return to standing. (With Support)	Push and glide in a flat position on the front from a wall. (With a float)	Push and glide in a flat position on the back from a wall. (With a float)	Give examples of two pool rules.	Exit the water safely.
<u>CCI Water SkillsStage 2</u>		Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.	Move from a flat floating position on the back and return to standing without support.	Move from a flat floating position on the front and return to standing without support.	Push from a wall and glide on the back – arms can be by the side or above the head.	Push from a wall and glide on the front with arms extended.	Travel using a recognised leg action with feet off the pool floor on the back for 5 metres.	Travel using a recognised leg action with feet off the pool floor on the front for 5 metres.	Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.	Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.	Perform a log roll from the back to the front.	Perform a log roll from the front to the back.
<u>CCI Water SkillsStage 3</u>		Sink, push away from wall and maintain a streamline position.	Push and glide on the front with arms extended and log roll onto the back.	Push and glide on the back with arms extended and log roll onto the front.	Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.	Fully submerge to pick up an object.	Answer correctly three questions on the Water Safety Code.	Push and glide and travel 10 metres on the back.	Push and glide and travel 10 metres on the front.	Perform a tuck float and hold for three seconds.		
<u>CCI Water SkillsStage 4</u>	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.	Push and glide from the wall towards the pool floor.	Kick 10 metres backstroke (one item of equipment optional).	Kick 10 metres front crawl (one item of equipment optional).	Kick 10 metres butterfly on the front or on the back.	Kick 10 metres breaststroke (one item of equipment optional).	Travel on back and log roll in one continuous movement onto front.	Travel on front and log roll in one continuous movement onto back.	Push and glide and swim 10 metres, choice of stroke is optional.			