

# STAnley First Steps Series

## STAnley 1

1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported by wall/ woggle/adult and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water for 2 metres on the back, roll to regain feet.
7. Blow a small object across the pool for 2 metres
8. Travel under a woggle bridge and through a shower created by a watering can
9. Push and glide on the front
10. Exit pool safely



# STAnley First Steps Series

## STAnley 2

1. Show an understanding of poolside safety
2. Enter the water safely from the poolside
3. Blow bubbles into the water, with mouth or nose and mouth submerged
4. Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position
5. Move through the water for 2 metres on the back using an alternating leg action, ears in water and return to an upright/standing position
6. Perform a star floating position on front or back
7. Use front paddle action to move a ball across the pool
8. Push and glide on the back
9. Roll from front to back, looking at the ceiling
10. Climb out of the pool safely



# STAnley First Steps Series

## STAnley 3

1. Answer a question on poolside safety rules
2. Enter the water from poolside, move forward 1 metre, then return and exit the pool unassisted
3. Blow bubbles into the water with face submerged
4. Perform a star float while on the back and regain the feet
5. Move through the water while on the back, using an alternating leg action for 5 metres
6. Move through the water 5 metres on the front, using front paddle action
7. Complete a 360° turntable with feet off the pool floor
8. Roll from back to front and return onto the back
9. Jump or step into the water from poolside with hand support from a swimming teacher or assistant
10. Show treading water action with legs on woggle – (seahorses)



# STAnley First Steps Series

## STAnley 4

1. Answer 2 questions on poolside safety
2. Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back
3. Bob up and down, submerging the face 4 times, exhaling underwater
4. Pick up an object from below the water surface
5. Perform 2 float positions, which may be in a sequence and performed on the front or the back
6. Push and glide on back, tuck and roll forward to return to poolside
7. Tread water, using arms and legs
8. Attempt a circular action of either arms or legs
9. Jump or step into pool safely unaided
10. Climb out of pool safely unaided

