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# Expectations of Grade 1

## *Goals & Entry Criteria*

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- Entry Criteria**
- Swim 50 Freestyle without stopping
  - Swim 2x25m Backstroke without stopping
  - Swim 25m Breaststroke without stopping
  - Swim 25m dolphin kick
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- Goals & Focus**
- Focus on fine-tuning Free, Back, Breast & dolphin kick technique
  - Introduce single arm fly
  - Introduce freestyle tumble-turns & dives
  - Introduce lane etiquette
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# Expectations of Grade 1

## *Promotion to Grade 2 Criteria*

<b>Freestyle</b>	<ul style="list-style-type: none"><li>• Swim 50m Freestyle without stopping</li><li>• Stable body during freestyle</li><li>• Freestyle breathing to the side</li><li>• Long reach during freestyle</li></ul>	<b>Butterfly</b>	<ul style="list-style-type: none"><li>• Swim 25m Single arm Butterfly with fins</li><li>• Correct Dolphin kick without fins</li></ul>
<b>Backstroke</b>	<ul style="list-style-type: none"><li>• Swim 50m Backstroke without stopping</li><li>• Head back</li><li>• Good backstroke kick (not bending knees)</li><li>• Correct pull under the water</li></ul>	<b>Starts &amp; Turns</b>	<ul style="list-style-type: none"><li>• Can do freestanding freestyle tumble-turns</li><li>• Is willing to dive from the side of the pool</li></ul>
<b>Breaststroke</b>	<ul style="list-style-type: none"><li>• Swim 2x25m Breaststroke without stopping</li><li>• Correct kick</li><li>• Glide with stroke</li></ul>	<b>Other</b>	<ul style="list-style-type: none"><li>• Demonstrate basic lane etiquette</li></ul>

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# Expectations of Grade 2

## *Goals & Focus*

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- Focus on fine-tuning Breast & perfecting Butterfly technique
  - Introduce 100 IM
  - Freestyle tumble-turns into the wall at both ends of the pool
  - Introduce backstroke tumble-turns
  - Refine diving technique & introduce diving from the blocks
  - Practise lane etiquette
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# Expectations of Grade 2

## *Promotion to Grade 3 Criteria*

<b>Freestyle</b>	<ul style="list-style-type: none"><li>Swim 50m Freestyle without stopping using tumble-turns</li><li>Stable body during freestyle</li><li>Freestyle breathing to the side</li><li>Long reach during freestyle</li></ul>	<b>Individual Medley</b>	<ul style="list-style-type: none"><li>Introduce 100 IM</li></ul>
<b>Backstroke</b>	<ul style="list-style-type: none"><li>Swim 50m Backstroke without stopping using tumble-turns</li><li>Head back</li><li>Good backstroke kick (not bending knees)</li><li>Correct pull under the water</li></ul>	<b>Starts &amp; Turns</b>	<ul style="list-style-type: none"><li>Must be able to do consistently do freestyle and backstroke tumble-turns during training</li><li>Must be able to consistently do breaststroke and butterfly turns correctly</li><li>Must be able to dive from the side of the pool (not the blocks) without belly-flopping</li></ul>
<b>Breaststroke</b>	<ul style="list-style-type: none"><li>Swim 2x25m Breaststroke without stopping, with correct turns</li><li>Correct kick</li><li>Glide with stroke</li></ul>	<b>Other</b>	<ul style="list-style-type: none"><li>Consistently demonstrate lane etiquette</li></ul>
<b>Butterfly</b>	<ul style="list-style-type: none"><li>Swim 50m Butterfly with fins</li></ul>		

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# Expectations of Grade 3

## *Goals and Focus*

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- Focus on finetuning Free, Back, Breast & Fly technique
  - Increase distances for all strokes
  - Improve 100 IM PB
  - Refine diving technique from the blocks
  - Practise lane etiquette
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# Expectations of Grade 3

## *Promotion to Grade 4 Criteria*

<b>Freestyle</b>	<ul style="list-style-type: none"><li>Swim 100m Freestyle without stopping using tumble-turns</li><li>Stable body during freestyle</li><li>Freestyle breathing to the side</li><li>Long reach during freestyle</li></ul>	<b>Individual Medley</b>	<ul style="list-style-type: none"><li>Can swim 100 IM in under 2 minutes</li></ul>
<b>Backstroke</b>	<ul style="list-style-type: none"><li>Swim 100m Backstroke without stopping using tumble-turns</li></ul>	<b>Starts &amp; Turns</b>	<ul style="list-style-type: none"><li>Must be able to consistently do turns for all strokes</li><li>Must dive from the the blocks</li></ul>
<b>Breaststroke</b>	<ul style="list-style-type: none"><li>Swim 50m Breaststroke without stopping and correct turns</li></ul>	<b>Other</b>	<ul style="list-style-type: none"><li>Consistently display lane etiquette</li></ul>
<b>Butterfly</b>	<ul style="list-style-type: none"><li>Swim 50m Butterfly without fins and without stopping</li></ul>		

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# Expectations of Grade 4

## *Goals and Focus*

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- Refine Free, Back, Breast & Fly technique
  - Increase Freestyle distance
  - Improve 100 IM PB
  - Introduce 200 IM
  - Refine diving technique from the blocks
  - Introduce stroke counting
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## Expectations of Grade 4

### *Promotion to Bronze Squad Criteria*

<b>Freestyle</b>	<ul style="list-style-type: none"><li>Swim 200m Freestyle without stopping using tumble-turns</li><li>Can swim 50 Free in under 45 seconds</li></ul>	<b>Other</b>	<ul style="list-style-type: none"><li>Consistently display lane etiquette</li><li>Can do stroke counting in all strokes</li></ul>
<b>Backstroke</b>	<ul style="list-style-type: none"><li>Swim 100m Backstroke without stopping using tumble-turns</li></ul>		
<b>Breaststroke</b>	<ul style="list-style-type: none"><li>Swim 100m Breaststroke without stopping and correct turns</li></ul>		
<b>Butterfly</b>	<ul style="list-style-type: none"><li>Swim 50m Butterfly without fins</li></ul>		
<b>Individual Medley</b>	<ul style="list-style-type: none"><li>Can swim 100 IM in under 1 minute 50 seconds</li><li>Introduce 200 IM</li></ul>		
<b>Starts &amp; Turns</b>	<ul style="list-style-type: none"><li>Must be able to do consistently do turns for all strokes correctly</li><li>Must dive from the the blocks</li></ul>		

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