



**APS SWIM SCHOOL – PRE K & SWIM SCHOOL**  
**Curriculum and Core Skills Achievement Stages**  
 Based on curriculum by Starfish Aquatics Institute®

	WHITE	RED	YELLOW	BLUE	GREEN	
	<i>Focus: trust and submersion</i>	<i>Focus: body position And air recovery</i>	<i>Focus: forward movement and direction change</i>	<i>Focus: rotary movement</i>	<i>Focus: integrated movement</i>	
	Ask permission to get in the water	Put on a lifejacket and kick	Reach and throw assists	Tread Water	Survival Float	
<b>Lead-Up Skills</b>	Sit independently	Front float (assisted and unassisted)	How to call emergency services	Slide glide with kick (both sides (assisted and unassisted)	Start in side glide, 3 overarm pulls, roll to back to rest and breathe	
The skills prepare students to achieve the benchmark, but the skills do not have to be mastered to move to the next stage if the benchmark can be performed	Jump in	Back float (assisted and unassisted)	Front streamline with kick (assisted and unassisted)	Front streamline with kick, then roll to side to rest and breath (both sides, assisted and unassisted)	Start in side glide, 3 overarm pulls, roll to opposite side glide	
	Wall walk	Front streamline (assisted)	Back streamline with kick (assisted and unassisted)	Roll from side glide to front streamline, to side glide	Start in side glide, link 3 sets of 3 overarm pull, rolling to opposite side glide to rest and breathe	
	Climb out	Submerge underwater, float or kick to surface, and take a breath	Kick and pull on back (assisted or unassisted)	Roll from back streamline to front streamline	Dive (safe, head first entry only if deep water is available)	
	Pour water over head	Roll front to back (assisted and unassisted)	Swim underwater 10 ft with 1 breath	Slide glide, one overarm pull, roll to back to rest and breathe	Vertical, head first dive from the surface in deep water	
	Hold breath (on land)			Slide glide, one overarm pull, roll to opposite side glide to rest and breathe		
	Look underwater and hold breath (with and without goggles)	Roll back to front (assisted and unassisted)	Retrieve submerged object	Slide glide, rotate to back, then roll to opposite side glide to rest and breathe		
	Jump in and get head wet					
	<b>Safety Skill Benchmark</b>	Always ask permission before getting in the water	Put on a lifejacket, float on back, kick 20 ft	Use floatation to help someone in trouble in the water (Reach or Throw ...Don't Go) and know how to call EMS	Treat water for 15 seconds	Survival float and treat water for 30 seconds
	<b>Swim Skill Benchmark</b>	Assisted submersion; relaxed, 5 seconds; then come up to breath	Jump in, submerge, recover air, kick and pull forward 10 ft on front or back, change direction and return to wall, using swim-roll-swim to breath (kicking and finning) for 5 seconds * in swimming and in regular clothes	Jump in, submerge, recover air, roll on back (kicking and finning) for 5 seconds * in swimming and in regular clothes	Jump in, recover to side glide, kick 10 ft	Start in side glide, swim overarm pulls with kick 30 ft with 1-2-3 breathe pattern