



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

|  | <b>WHITE</b>  | <b>RED</b>   | <b>YELLOW</b>  | <b>BLUE</b>  | <b>GREEN</b>   |
|--|---|--|--|--|--|
|  | <i>Focus: freestyle</i>   | <i>Focus: backstroke</i>   | <i>Focus: butterfly</i>  | <i>Focus: breaststroke</i>   | <i>Focus: endurance</i>  |
| <b>Lead-Up Skills</b><br><br>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 | Ask permission to get in  | Put on lifejacket in the water   | Use floatation for assists   | Discuss water safety concepts  | Perform a racing dive  |
|  | Swim freestyle with high elbow recovery                         | 30-60-90 backstroke drill  | Know when and to call emergency services   | Perform breaststroke kick (assisted and unassisted)  | Perform an open freestyle turn   |
|  | Swim freestyle with thumb touch                                 | Swim backstroke with straight arm recovery   | Perform arm-down pulsing for 15 ft.  | Perform breaststroke kick with support (i.e. kickboard, float bar, rescue tube)                    | Perform a backstroke open turn   |
|  | Swim freestyle with center line pull                            | Swim backstroke with little finger first entry   | Perform pulsing with arms above the head   | Perform breaststroke arm action (assisted and unassisted)  | Perform a breaststroke and butterfly open turn   |
|  |   | Swim backstroke with bent arm pull   | Perform pulsing with arms above the head and scull with hands (hand slide)                     | Perform breaststroke arm action with floatation (i.e. pull buoy, noodle, rescue tube)              | Perform a freestyle flip turn  |
|  | Swim freestyle with body roll                                   | Swim backstroke with good body and arm extension   | Lift head to breath during pulsing   |  | Combine arm action and leg kicking   |
|  |   | Swim backstroke with body roll   | Add 1 butterfly arm stroke to pulsing  | Swim in trains   |  |
|  | Exhale in the water before rolling to breathe                   | Perform backstroke flutter kick  | Pulse with hand slide 3 times then take 2 swing and stretch arm strokes                        | Incorporate dolphin body motion into breaststroke after the kick                                   | Swim on basic pace clock intervals   |
|  |   |  | Pull to a thumb touch when performing butterfly arm stroke                                     |  |  |
|  | <b>Safety Skill Benchmark</b>                                   | Always ask permission before getting in the water  | Put on a lifejacket while in the water; kick 30 ft.  | Use floatation to reach or throw to assist a swimmer; know when and how to call emergency services | Discuss water safety concepts  |
| <b>Swim Skill Benchmark</b>  | Swim freestyle 30 ft. with body stretch out and consistent form | Swim backstroke 30 ft. with straight arm recovery, body roll, good arm and body extensions | Swim 4 strokes with only one breath, then swim freestyle for the remainder of the pools length | Swim breaststroke 30 ft. with good timing and extension  | Swim freestyle 50 yd with rolling motion, high elbow recovery, body stretch<br>Swim backstroke 50 yd with rolling body motion, straight arm recovery, body stretch<br>Swim butterfly 25 yd. with dolphin body motion, straight arm recovery, body stretch<br>Swim breaststroke with 50 yd with proper timing body stretch. Perform freestyle and backstroke flip turn and butterfly and breaststroke open turn |