

# SWIMMING WAIKATO

## SCHOOL AGE FRAMEWORK



### WAIKATO RED

#### MAIN THEME

Water confidence  
Assisted horizontal body position  
Introduction of flutter kick

Safe entry and exit using steps and/or ladder and/or side

Enter shallow water from the side showing swivel/slide-in entry

Turn an egg flip four times or blow a tennis ball along the surface of the pool for 5m

Perform four slow, controlled bobs, supported;

- With Humming
- Without Humming

Submerge with eyes open (goggles may be worn)

Introduction of mushroom floats

- With Support
- Without Support

Star float on front (5 seconds) with support

Star float on back (5 seconds) with support

### WAIKATO ORANGE

#### MAIN THEME

Flutter kick  
Unassisted horizontal body position

Enter shallow water showing swivel/slide-in entry and exit over the side

Perform eight slow, controlled bobs;

- With humming
- Without humming
- Holding stationary support
- Independently

Star float on front (5 seconds), without support

Star float on back (5 seconds), without support

Glide set distance on front  
Glide set distance on back  
(Recommendation 7m)

Kick 7m on front unaided with flutter kick

Kick 12m on back unaided, flutter kick

### WAIKATO YELLOW

#### MAIN THEME

Introduction of Freestyle arms  
Horizontal rotation  
Introduction Breaststroke kick

Step into water with arms by side and kick back to side of pool (Deep Water Activity Only)

Breaststroke kick, sitting on edge of pool and feet turned out

Breaststroke kick on back with support

Breaststroke kick on back unsupported

Push and glide on front, arms extended (streamline position)

Star float to pencil float (streamline position) on front (7 seconds)

Star float to pencil float (streamline position) on back (7 seconds)

Retrieve a submerged object

### WAIKATO GREEN

#### MAIN THEME

Backstroke full stroke  
Freestyle breathing  
Breaststroke kick

Jump into deep water showing tuck jump (Deep Water Activity Only)

Kick 12m in breathing position (on your side, bottom arm extended)

- With board
- Without board

Kick 12m in breathing position (on your side bottom arm extended). Six kicks face in, six kick face out.

- With board
- Without board

Swim 12m Freestyle with kick board, breathing to the side

Swim 12m Backstroke, showing continuous arms and flutter kick

Kick 5m dolphin kick, arms extended (streamline position)

Kick 5m Breaststroke on back or front, with buoyancy aid, (legal kick)

# SWIMMING WAIKATO

## SCHOOL AGE FRAMEWORK



### WAIKATO BLUE

#### MAIN THEME

Skill consolidation

Perform a sitting dive  
Perform a kneeling dive  
(Deep Water Activity Only)

Push & glide & flutter kick 12m in a streamlined position, on front

Push & glide & flutter kick 12m in streamlined position on back

Demonstrate a stationary scull

25m Freestyle, with breathing, showing good technique

25m Backstroke, showing good technique (relaxed)

Kick 12m Fly on front or back, arms extended showing continuous action with fins  
Kick 12m Fly on front or back, arms extended showing continuous action without fins

Swim 12m Breaststroke with arms, kick and glide

### WAIKATO INDIGO

#### MAIN THEME

Introduce endurance

Standing in race start position -Jump into water feet first showing pencil

Swim 10m, surface dive and streamline kick 5m underwater through hoop

Push & glide off the wall, into a forward roll

Pencil float and rotate through 360 on long axis

Scull 6m feet first

Swim 25m Freestyle showing bilateral breathing

Swim 25m Backstroke

Attempt 12m Fly kick with no breathing

Kick 12m Breaststroke, then swim 12m Breaststroke (continuous)

### WAIKATO SILVER

#### MAIN THEME

Introduction to lane swimming

Perform standing dive  
(Deep Water Activity Only)

Perform a freestyle tumble turn

Demonstrate body rotation on 2 axis

Scull 25m head first. Scull 10m feet first

Swim 30m Freestyle showing bilateral breathing and tumble turn.

Swim 25m Backstroke attempting a backstroke turn.

25m Fly Kick including 4 strokes full Fly

Kick 25m Breaststroke, then swim 25m Breaststroke (continuous)

### WAIKATO BLACK

#### MAIN THEME

Preparation for competitive swimming

Perform a dive off the blocks.  
Backwards start using the blocks.  
(Deep Water Activity Only)

Scull 15m in 4 ways (can include front and back)

Swim 50 Freestyle with tumble turn, holding technique

Swim 50m Backstroke with legal turn, holding technique

Swim 25m Fly with fins

Swim 50m Breaststroke with legal turn