

WEEK	STAGE 1	STAGE 2
1	SAFE ENTRY & EXIT WATER CONFIDENCE	B/C - SUBMERSION & BREATHING
2	B/C - BUOYANCY PRACTICES (FLOATING)	BR/S - PUSH, GLIDE ON BACK
3	BR/S - ROTATION & ORIENTATION	F/C - PUSH, GLIDE ON FRONT
4	F/C - PUSH, GLIDE STREAMLINING	FLY - BUBBLE BLOWING & JUMPS
5	FLY - AQUATIC BREATHING	B/C - STAND UP FROM BACK
6	B/C - TRAVEL & CO-ORDINATION	BR/S - STAND UP FROM FRONT
7	BR/S - PUPIL TEACHER GAMES	F/C - STAND FROM ROTATION FRONT
8	STAGE 1 SKILL PRACTICES	FLY - STAND FROM ROTATION BACK
9	FLY OR B/C - S1 SKILL PRACTICES	STAGE 2 SKILL PRACTICES
10	BR/S OR F/C - S1 SKILL PRACTICES	CHOICE STROKE - S2 SKILL PRACTICES

WEEK	STAGE 3	STAGE 4
1	BR/S - JUMPS & SUBMERSION	F/C - BUOYANCY & FLOATATION
2	F/C - SINKING & STREAMLINING	FLY - TUCK FLOATS
3	FLY - STREAMLINING & ROTATION	B/C - SHAPE CHANGE UNDERWATER
4	B/C - HORIZONTAL AXIS ROTATION	BR/S - PUSH, GLIDE TO POOL FLOOR
5	BR/S - SUBMERSION & RETRIEVE OBJECT	F/C - B/C KICK
6	F/C - WATER SAFETY CODE	FLY - FLY KICK
7	FLY - 10m TRAVEL ON BACK	B/C - BR/S KICK ON FRONT & BACK
8	B/C - 10m TRAVEL ON FRONT	BR/S - SCULLING
9	STAGE 3 SKILL PRACTICES	F/C - ROLLS & ROTATION
10	CHOICE STROKE - S3 SKILL PRACTICES	STAGE 4 SKILLS

WEEK	STAGE 5	STAGE 6
1	FLY - SCULLING ON BACK	B/C - WARM UP EXERCISES
2	B/C - FEET FIRST SCULLING	BR/S - PUSH, GLIDE ROTATE TO B/C
3	BR/S - TREADING WATER	F/C - PUSH, GLIDE ROTATE TO F/C
4	F/C - 3 DIFFERENT JUMPS	FLY - SWIMMING WITH CLOTHES ON
5	FLY - HANDSTANDS	B/C - F/C BREATHING
6	B/C - SOMERSAULTS	BR/S - BR/S BREATHING
7	BR/S - SAFETY (HELP) CALLS	F/C - FLY BREATHING
8	F/C - SCULLING FRONT TO BACK	FLY - SURFACE DIVES
9	FLY - CHOICE SKILL	B/C - SHOUT & SIGNAL RESCUE
10	STAGE 5 SKILLS	STAGE 6 SKILLS

WEEK	STAGE 7
1	BR/S - FEET FIRST SCULLING
2	F/C - ROTATION FORWARD & BACK
3	FLY - HEAD FIRST SCULLING
4	B/C - FLOATATION
5	BR/S - EGGBEATER KICK & LIFTING
6	F/C - SITTING DIVES
7	FLY - 200m SWIM DISTANCE SWIM
8	B/C - TREAD WATER WITH EGGBEATER
9	BR/S - OBSTACLE COURSE
10	STAGE 7 SKILLS