

Starfish Swim School®

| Curriculum and Core Skills Achievement Stages | | | | | |
|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| | 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: body rotation</i> | <i>Focus: integrated movement</i> |
| | Ask Permission to get in water | Put on a lifejacket and kick | Reach and throw assists | Tread water | Survival float |
| | Jump in to teacher | Submerge under water and float back to the top | Assisted and unassisted front streamline with kick | Assisted and unassisted side glide with kick – both sides | Start in side glide, 3 overarm pulls, roll to back to rest and breathe |
| | Sit independently | Assisted front streamline | Assisted and unassisted back streamline with kick | Roll from side glide to streamline to side glide | Start in side glide, 3 overarm pulls, roll to opposite side glide |
| | Wall walk | Assisted back streamline | Assisted front streamline and rotation to side glide with kick | Unassisted front streamline with kick and rotation to back streamline | Start in side glide, link 3 sets of 3 overarm pulls, roll to opposite side glide to rest and breathe |
| | Listen and follow directions | Assisted and unassisted roll back to front | Assisted and unassisted forward movement – kick and pull on front | Unassisted back streamline with kick and rotation to front streamline | Start in side glide, link 3 sets of 3 backstroke pulls, roll to opposite side glide to rest and breathe |
| Lead-up Skills | Climb out independently | Assisted and unassisted roll front to back | Assisted and unassisted forward movement – kick and pull on back | Side glide, one overarm pull, roll to back to rest and breathe | Head first entry (dive) from side (if deep water is available) |
| | Pour water over head | Submerge and recover for air (Go underwater, kick to the top, put head back to get mouth out of the water and say “Starfish, Starfish, Starfish”). | Retrieve submerged object | Side glide, one overarm pull, roll to opposite side glide to rest and breathe | |
| | Jump into the water and get head wet | Assisted and unassisted back float | How to call 911 | Side glide, one backstroke pull, roll to opposite side glide to rest and breathe | |
| | Hold breath (on land) | | | | |
| | Look underwater and hold breath (with and without goggles) | | | | |
| Safety Skill Benchmark | Always ask permission before getting in the water | Put on a lifejacket, float on back, kick 20 ft. | Reach or Throw (Don't Go) and know how to call 911 | Tread water 15 seconds | Survival float and tread water for 30 seconds |
| Swim Skill Benchmark | Assisted submersion, relaxed, 5 seconds (or long enough for teacher to say “Starfish, Starfish, Starfish”) and then come up to breathe | Jump in, submerge, recover for air, roll on back (kicking and finning) for 5 seconds (or long enough for teacher to say “Starfish, Starfish, Starfish”) *This benchmark must be performed in swimwear and in regular clothes. | Jump in, submerge, recover for air, forward movement (on the front or back) 10 feet, change direction, and return to wall *This benchmark must be performed in swimwear and in regular clothes. | Jump in, submerge, recover to side glide position and kick 10 feet | Start in side glide, swim freestyle 30 ft with 1-2-3 breathe pattern |