



Learn to Swim Level 5

Shallow-angle dive into deep water	Butterfly for 25 yards
Tuck surface dive and Pike surface dive	Sidestroke for 25 yards
Tread water for 5 minutes	Front flip turn and Backstroke flip turn
Tread water, using legs only, for 2 minutes	
Sculling for 30 seconds	Exit Assessment: With Support
Front crawl for 50 yards	Perform a shallow-angle dive into deep water, swim front crawl for 50 yards
Elementary backstroke for 50 yards	Then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.
Breaststroke for 25 yards	Swim breaststroke for 25 yards, change direction and position of travel as necessary.
Back crawl for 25 yards	Swim back crawl for 25 yards, using appropriate and efficient turning styles throughout

