

# Curriculum Level 01 to Bronze Star

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ROYAL LIFE SAVING AUSTRALIA



NATIONAL BENCHMARK  
6 YEARS



NATIONAL BENCHMARK  
12 YEARS



WORKING TOWARDS  
NATIONAL BENCHMARK  
17 YEARS

	LEVEL 01	LEVEL 02	LEVEL 03	LEVEL 04	LEVEL 05	LEVEL 06	LEVEL 07	LEVEL 08	LEVEL 09	LEVEL 10	LEVEL 11	Bronze Star	
<b>HAZARDS &amp; PERSONAL SAFETY</b>	Identify where water can be found around the home H1	Identify dangers in aquatic environments around the home H2	Identify rules for safe behaviour in and around home aquatic environments H3	Identify aquatic environments H4	Identify aquatic environments H4	Identify and describe hazards in aquatic environments H5	Understand and follow safety rules for aquatic environments H6	Explain water safety signage	Explore how to participate safely in a range of aquatic activities H7	Understand and assess a range of aquatic risks H8	Understand personal abilities and limitations that affect safety in and around water	Understand survival, rescue, resuscitation, and emergency care theory	
<b>ENTRY &amp; EXIT</b>	Identify safe areas for entering and exiting water E1	Slide in entry and exit E3	Fall in entry and recover E5	Step in entry E4	Compact jump E4	Stride in entry E4	Dive in entry E5					Entries and exits for rescue	
	Enter and exit the water E2						Enter and exit the water in a range of environments wearing light clothing E6						
<b>FLOTATION</b>	Float on front and back using a buoyant aid F2	Float on front and back and recover F3	Float on back for 30 seconds	Float on front and back in deep water and recover	Head-first and feet-first sculling								
	Orientate the body using rotation with a buoyant aid	Tread water using a buoyant aid Fit a lifejacket and float	Tread water for 30 seconds	Orientate the body using rotation skills	Float, scull or tread water wearing a lifejacket F4	Float, scull or tread water for 1 minute F5	Float, scull or tread water for 2 minutes and signal for help F6	Fit a lifejacket whilst in the water	Perform the HELP technique for 2 minutes F7	Perform the huddle technique for 2 minutes F8	Float, scull or tread water for 5 minutes and signal for help F9		
<b>SWIMMING</b>	Kick on front and back using a buoyant aid S1	Swim 5 metres basic freestyle S3	Swim 10 metres freestyle with breathing	Swim 15 metres freestyle S4	Swim 25 metres freestyle S5	Swim 50 metres freestyle S6	Swim 75 metres freestyle	Swim 100 metres freestyle S7	Swim 150 metres freestyle	Swim 200 metres freestyle	Be introduced to timed swims		
	Glide on front and back	Glide on front and back, kick and recover S2	Swim 5 metres backstroke S3	Swim 15 metres backstroke S4	Swim 25 metres backstroke S5	Swim 50 metres backstroke S6	Swim 75 metres backstroke	Swim 100 metres backstroke S7		Swim 200 metres continuously using 1 swimming stroke and 2 survival strokes	Swim 250 metres continuously using 2 swimming strokes and 2 survival strokes S8	Swim 300 metres in a target time of 12 minutes	
	Move 3 metres continuously using arms and legs S3		Swim 5 metres survival backstroke kick S3	Swim 10 metres survival backstroke	Swim 15 metres survival backstroke S4	Swim 25 metres survival backstroke S5	Swim 50 metres survival backstroke S6	Swim 75 metres survival backstroke	Swim 100 metres survival backstroke S7				
				Swim 10 metres breaststroke kick	Swim 15 metres basic breaststroke S4	Swim 25 metres breaststroke S5	Swim 50 metres breaststroke S6	Swim 75 metres breaststroke	Swim 100 metres breaststroke S7				
							Swim 10 metres dolphin kick			Swim 10 metres basic butterfly	Swim 10 metres butterfly	Swim 15 - 25 metres butterfly	
									Swim 15 metres sidestroke S4	Swim 25 metres sidestroke S5	Swim 50 metres sidestroke S6	Swim 100 metres sidestroke S7	
<b>UNDERWATER</b>	Submerge the body and exhale in the water U1	Submerge to recover an object from chest deep water U2	Swim through a submerged obstacle U3	Surface dive and recover an object from shoulder deep water U4		Surface dive, swim underwater for at least 1 metre and recover an object from shoulder deep water U5	Surface dive, swim underwater for up to 3 metres and search to recover an object in deep water U6	Tumble turn		Search in shallow water U7	Search in deep water U8	Head-first and feet-first surface dive Search pattern in deep water	
	Identify people who can help in an emergency L1	Identify different ways to get help L2	Identify people and actions to help in an aquatic emergency L3	Recognise an emergency and call for help L4	Recognise and support an emergency L5		Respond to an emergency and perform a primary assessment L6					Resuscitation awareness	
<b>RESCUE</b>		Be pulled to safety with an aid R4	Be rescued with a buoyant aid	Talk rescue R5	Reach rescue using a rigid and non-rigid aid R5	Throw rescue 5 metres using a buoyant aid	Throw rescue 10 metres using weighted and unweighted rope R6	Rescue initiative scenario no more than 10 metres	Wade rescue 15 metres R7	Accompanied rescue 15 metres	Rescue initiative scenario no more than 15 metres	Rescue competencies and initiative scenarios	
<b>SEQUENCING &amp; SURVIVAL</b>		Float with a buoyant aid for 30 seconds and kick to safety	Perform a survival sequence to simulate an accidental entry Q3		Perform a survival sequence with a buoyant aid Q4	Perform a survival sequence without a buoyant aid	Perform a survival sequence wearing light clothing Q6		Perform a survival sequence wearing a lifejacket Q7	Perform a survival sequence in a group Q8	Perform a survival sequence wearing heavy clothing Q9	Perform a survival sequence scenario	

# Curriculum Little Wonders Levels 01 to 04

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	SKILL OUTCOMES	PROGRESSIONS			
<b>PARENT &amp; CARER EDUCATION</b>	<b>Understand their role in aquatic education and safety in aquatic environments</b>	Parental education on techniques for holds and support, floating, movement and preparation for submersion	Discuss dangers associated with water and measures to prevent emergency incidents	Promote awareness of Keep Watch actions: Supervise, Restrict, Teach, Respond	
<b>ENTRY &amp; EXIT</b>	<b>Enter and exit the water</b>	P1 Parent/carer uses secure hold to enter and exit the water with child	P2 Parent/carer assists child to enter and exit the water	P3 Enter the water on request	P4 Enter and exit the water
	<b>Enter the water, return to the edge and exit</b>	P1 Assisted, seated entry, turn child back towards the edge and exit	P2 Seated entry, turn back towards the edge and exit	P3 Assisted, step/jump entry, turn child back towards the edge and exit	P4 Step/jump entry, turn back towards the edge and exit
	<b>Hand walk along the edge</b>	P1 Assisted, hand over hand action, head above water, encourage use of feet on wall	P2 Hand over hand action, head above water, encourage use of feet on wall		
<b>FLOTATION</b>	<b>Float on back</b>	P1 Assisted, float on back with support under shoulders	P2 Using buoyant aid, float on back and recover to a secure position	P3 Float on back with ears in water for 5 seconds and recover to a secure position	
	<b>Float on front</b>	P1 Assisted, float on front with upper body support and recover to a secure position	P2 Using buoyant aid, float on front with face in water and recover to a secure position	P3 Float on front with face in water and recover to a secure position	
	<b>Orientate the body using rotation skills</b>	P1 Assisted, parent/carer rotates child from front to back float, back to front float and to an upright position	P2 Assisted, parent/carer rotates child clockwise and anti-clockwise with head above water	P3 Rotate using buoyant aid	P4 Rotate from one position to another
<b>SWIMMING</b>	<b>Glide</b>	P1 Assisted, parent/carer glides child on front and back	P2 Assisted, parent/carer glides child towards a secure position		
	<b>Move arms</b>	P1 Assisted, demonstrate extended reach for objects in the water	P2 Assisted, paddle arms		
	<b>Move legs</b>	P1 Assisted, kick in seated position	P2 Assisted, kick on front and back with voluntary leg movements	P3 Assisted, kick on front and back with buoyant aid	
	<b>Move arms and legs through the water</b>	P1 Splash arms and legs	P2 Assisted, combine arm and leg movement	P3 With buoyant aid, combine arm and leg movement	
<b>UNDERWATER</b>	<b>Experience water on the head and face</b>	P1 Assisted, parent/carer to pour water over head and face	P2 Pour water over head and face		
	<b>Submerge</b>	P1 Assisted, submerge child underwater and resurface to parent/carer	P2 Assisted, submerge child underwater to a secure position	P3 Submerge underwater to a secure position	P4 Submerge underwater to retrieve an object
	<b>Blow bubbles</b>	Teacher and carer modelling blowing bubbles	Informal introduction to blowing bubbles through activities	No focus on exhalation technique	

	SKILL OUTCOMES	PROGRESSIONS	
<b>PARENT &amp; CARER EDUCATION</b>	<b>Understand their role in aquatic education and safety in aquatic environments</b>	Encourage independent participation and recognise achievements	Promote awareness of Keep Watch actions: Supervise, Restrict, Teach, Respond
<b>TRANSITION</b>	<b>Transition to independence without parent/carer</b>	P1 Willing to demonstrate skills without parent/carer assistance	P2 Demonstrate active listening and follow instructions and cues from the teacher P3 Participate with parent/carer supervising from out of the water
<b>ENTRY &amp; EXIT</b>	<b>Enter and exit the water</b>	P1 Assisted (by teacher), enter and exit water	P2 Enter and exit water
	<b>Hand walk along the edge</b>	P1 Assisted, (by teacher) hand walk along the edge moving towards an exit	P2 Hand walk along the edge moving towards an exit
<b>FLOTATION</b>	<b>Float on back and recover</b>	P1 Hold buoyant aid, float on back	P2 Float on back
	<b>Float on front and recover</b>	P1 Hold buoyant aid, float on front	P2 Float on front
	<b>Orientate the body using rotation skills</b>	P1 Assisted (by teacher) or using buoyant aid, rotate horizontally	P2 Assisted (by teacher) or using buoyant aid, rotate vertically
<b>SWIMMING</b>	<b>Glide on front</b>	P1 Assisted (by teacher), push and glide on front	P2 Push and glide on front
	<b>Glide on back</b>	P1 Assisted (by teacher), push and glide on back	P2 Push and glide on back
	<b>Kick on front and back</b>	P1 Hold buoyant aid, kick on front and back, and recover to a secure position	P2 Kick on front and back, and recover to a secure position
	<b>Move continuously through the water</b>	P1 Assisted (by teacher) or using aid, combine arm and leg action to move through the water	P2 Combine arm and leg action to move through the water
<b>UNDERWATER</b>	<b>Submerge</b>	P1 Open eyes underwater	P2 Submerge underwater to retrieve object
	<b>Blow bubbles</b>	P1 Experience blowing bubbles	P2 Submerge face underwater and blow bubbles