



## Aquatic Skills Register Outcomes - Learn to Swim Stage 10 Water Polo

By the end of Stage 10 participants will be able to:

1. Swim 5 metres, receive a ball on the water, control the ball in front for 5 metres, change direction one way, swim 5 metres, change direction the opposite way, swim 5 metres and then pass to a partner.
2. Pick up a ball, shoot at a target five times from a 2 metre distance, using an off-water shot. The target may be a kick board, plastic bottles, a player or into a goal.
3. Jump vertically, sideways and forwards.
4. Jump  $\frac{1}{2}$  turn and pass ball while on back.
5. Marking during game-play situation.
6. Understand concepts of long walking and short walking and when to apply in a game situation.
7. Play a water polo game, with full rules and goals, and demonstrate skills learnt during this stage and in Learn to Swim Stages 8 and 9 Water Polo, showing good technique throughout.

Notes: