



TIME

*Sign* if consistently performed.

01672SE 08/17

### Aquatic Skills Register Outcomes

#### - Learn to Swim Stage 9 Water Polo

By the end of Stage 9 participants will be able to:

1. Swim 5 metres head up front crawl, change direction 90 degrees left, swim 5 metres change direction 90 degrees right.
2. Swim 5 metres head up front crawl, change direction through 180 degrees, swim 5 metres.
3. Swim 5 metres water polo backstroke.
4. Swim 5 metres water polo head up front crawl, turn onto back, continue in same direction for 5 metres and turn back onto front and swim 5 metres.
5. Swim 5 metres head up front crawl with breaststroke legs.
6. Pass and catch a ball accurately with a partner, with one hand, over a 3 metre distance while maintaining a strong body position.
7. Swim 10 metres head up front crawl, receive a ball on the water, and continue to swim whilst controlling the ball.
8. Swim 5 metres with a ball, pass ball to target, and continue to swim 5 metres.
9. Pick up a ball, shoot at a target from a 2 metre distance and repeat five times. The target may be a player, kick board, plastic bottles, etc.
10. Play a simplified water polo game, score by hitting a target on the side of the pool or some other adaptation and demonstrate skills learnt during this stage and in Learn to Swim Stage 8 Water Polo.

Notes: