



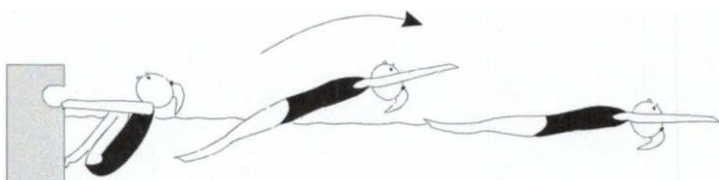
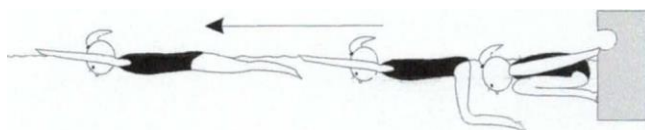
GRADES PROGRAMME

GRADE 1



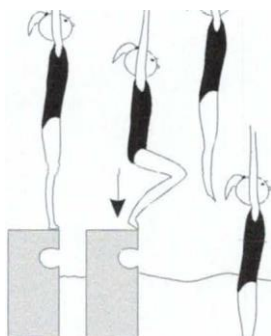
Forward Push and Glide

1. Strong push from side
2. Good body tension
3. Arms stretched, hands grabbed
4. Face in water
5. Eyes open



Back Push and Glide

1. Strong push from side
2. Straight arms swung over the head
3. Hands grabbed body stretched
4. Eyes open



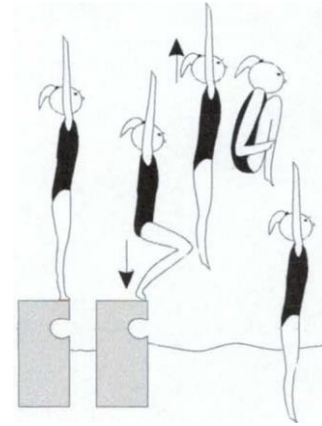
Forward Jump Straight (100A)

1. Correct posture, flat back
2. Hands grabbed throughout
3. Strong jump
4. Good body tension

Grade 1 (continued)

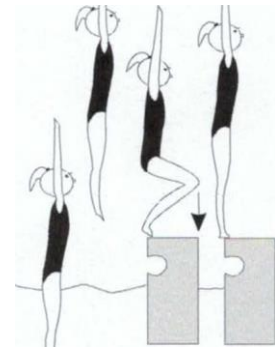
Forward Jump with Tuck (100C)

1. Correct posture
2. Strong jump
3. Correct tuck position
4. Arms circle wide from tuck
5. Hands grabbed on entry



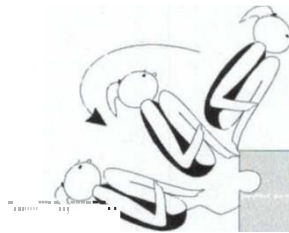
Back Jump Straight (200A)

1. Correct posture
2. Strong jump under control
3. Good body tension
4. Hands grabbed on entry



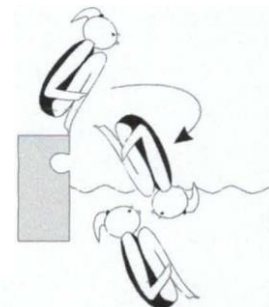
Back Tuck Roll

1. Crouch in a tuck position
2. Eyes forward, chin on knees
3. Roll backwards
4. Maintain position throughout



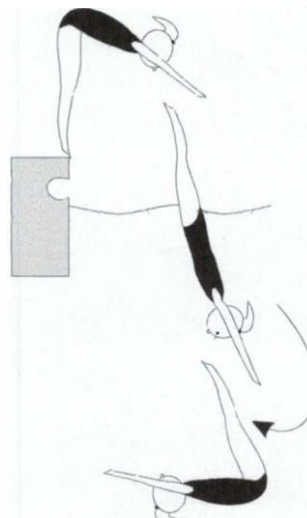
Forward Tuck Roll

1. Crouch in a tuck position
2. Toes on edge of pool
3. Chin on knees
4. Roll forwards
5. Maintain position



Forward Line Up

1. At least 90 degree bend at waist
2. Back kept flat
3. Hands grabbed
4. Fall with no push
5. Stretched entry with hands grabbed

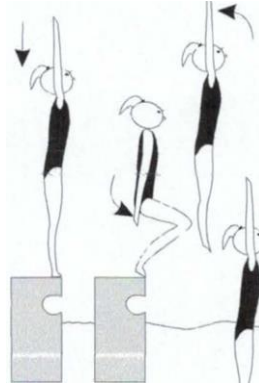


GRADE 2



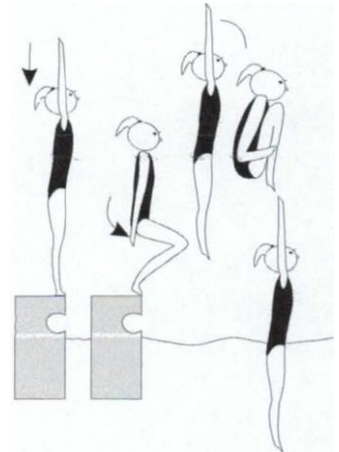
Forward Jump Straight with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Good body tension
5. Hands grabbed on entry



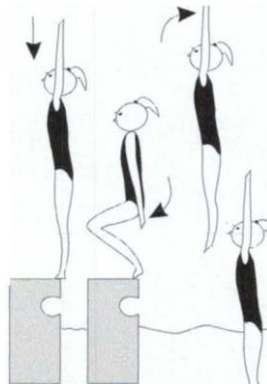
Forward Jump Tucked with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making tuck shape
5. Arms circle from tuck to hands grabbed



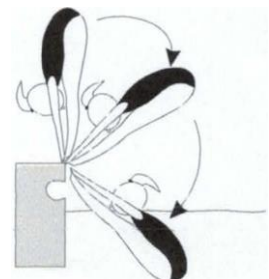
Back Jump Straight with Armswing

1. Correct posture
2. Armswing
3. Shoulders still
4. Strong jump
5. Hands grabbed on entry



Back Pike Fall

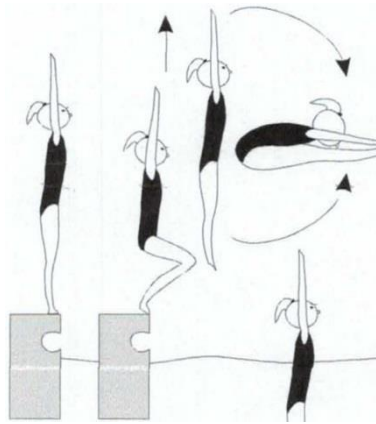
1. Balance on side of the pool with half the foot off
2. Adopt a pike position with fingers over toes
3. Fall back
4. Hold position until entry
5. Eyes focus on toes and arms by ears



Grade 2 (continued)

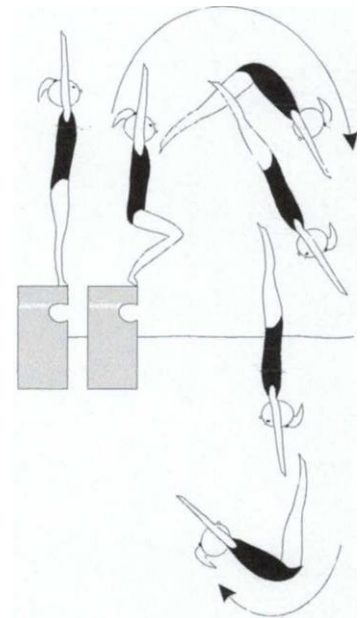
Forward Jump Piked (100B)

1. Correct posture
2. Strong jump
3. Stretch over toes into pike position
4. Arms circle wide from pike
5. Hands grabbed for entry



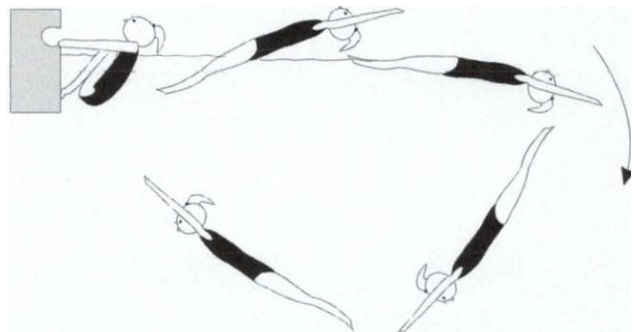
Push Dive - Hands Grabbed

1. Correct posture with hands grabbed
2. Maintain flat back as legs push
3. Strong hip drive
4. Good body tension to control flight
5. Stretched entry



Back Circle

1. Strong push up and back
2. Swing straight arms back over head
3. Stretch legs from side
4. Look back
5. Hands grabbed, deep circle

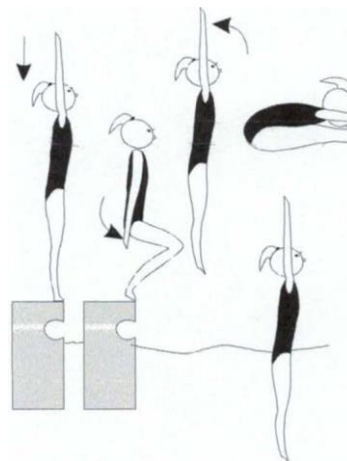


GRADE 3



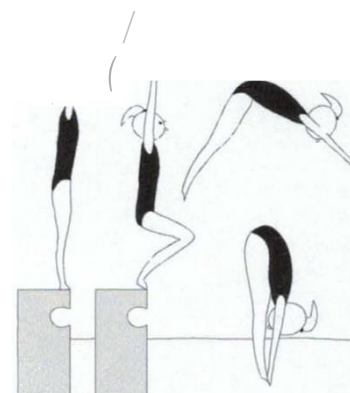
Forward Jump Piked with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making pike shape
5. Hands grabbed on entry



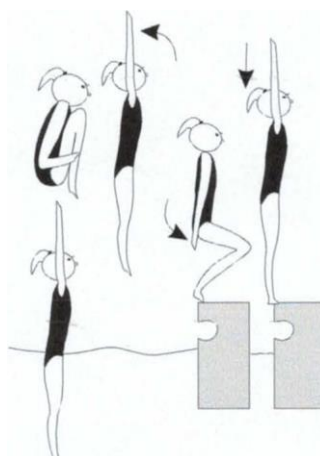
Forward Pike Wedge

1. Correct posture
2. Strong jump and hip drive
3. Ensure that pike action takes place after feet leave the poolside
4. Arms stay by ears and back flat
5. Enter water in pike shape



Back Jump Tucked with Armswing

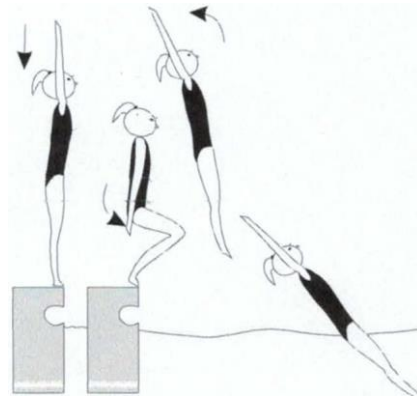
1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making tuck shape
5. Hands grabbed on entry



Grade 3 (continued)

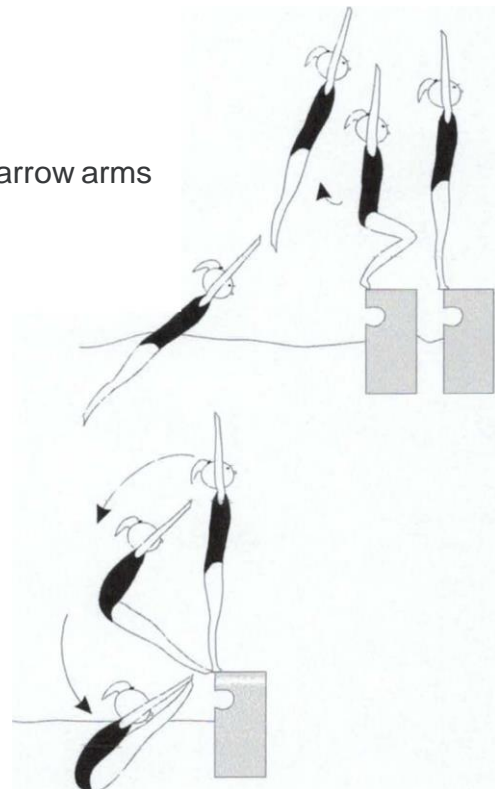
Reverse Jump with Armswing

1. Facing forwards, correct posture
2. Armswing
3. Arms reached behind ears with stomach tight
4. Strong jump, slightly forward
5. Rotate backwards 45 degrees
6. Stretched entry at 45 degrees



Inward Jump

1. Facing backwards, correct posture
2. Strong jump, slightly backwards with narrow arms
3. Hips up and back
4. Rotate forwards 45 degrees
5. Stretched entry at 45 degrees



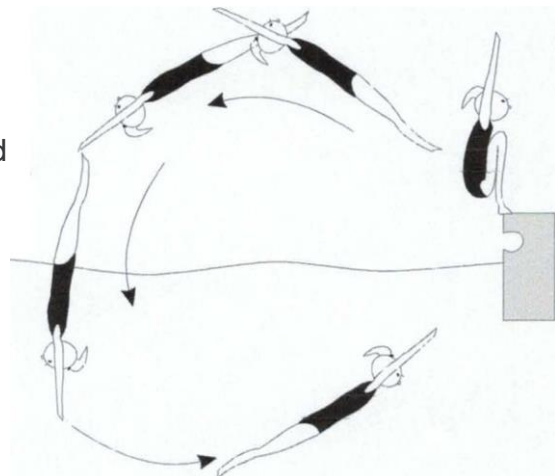
Extended Back Pike Fall

1. Correct posture
2. Lift up on toes and fall back
3. Keep arms by ears, eyes focused over toes
4. Assume pike shape with flat back
5. Entry on buttocks with feet pointing to side



Crouching Back Dive

1. Crouch position hands grabbed above head
2. Over balance, strong push with legs
3. Reach arms back, stretch body
4. Look back to spot entry point
5. Follow the line, circle deep

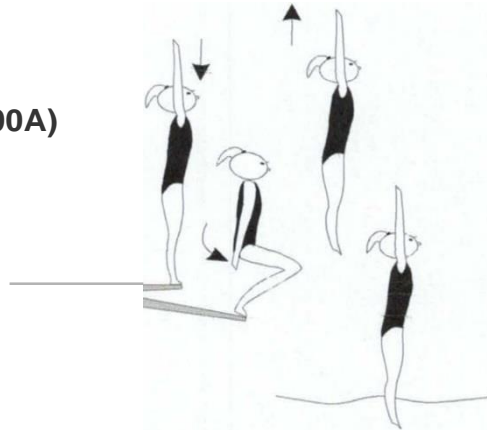


GRADE 4

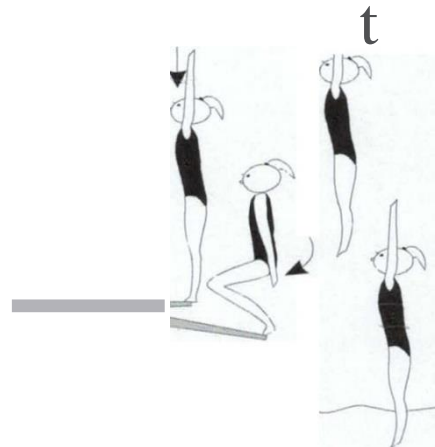


All movements must be performed from the 1 metre board.

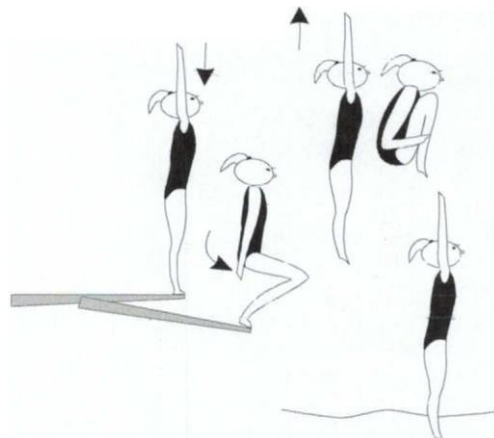
**Forward Jump Straight (100A)
With Armswing**



**Back Jump Straight
(200A) With Armswing**



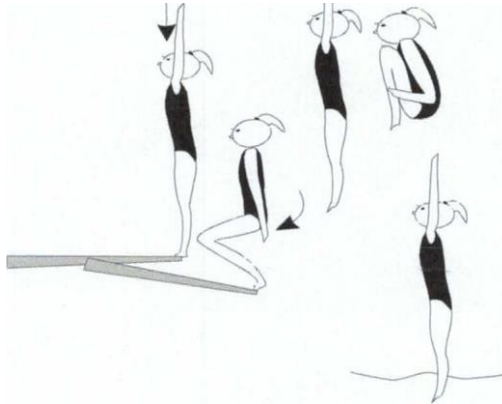
**Forward Jump Tucked (100C)
With Armswing**



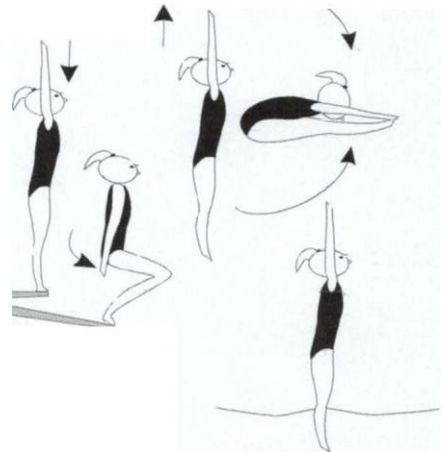
Grade 4 (continued)

All movements must be performed from the 1 metre board.

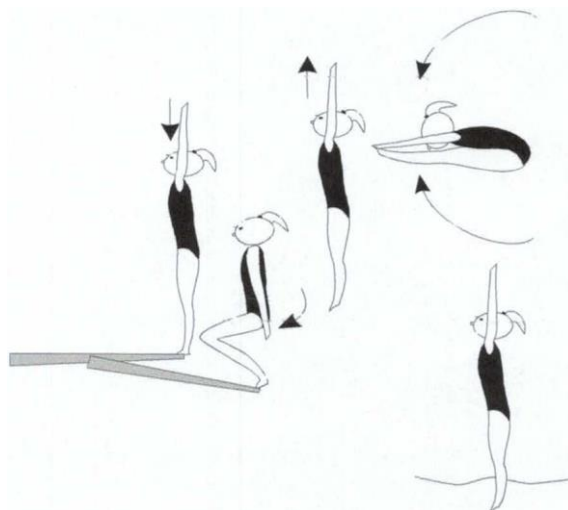
Back Jump Tucked (200C) With Armswing



Forward Jump Piked (100B) With Armswing



Back Jump Piked (200B) With Armswing

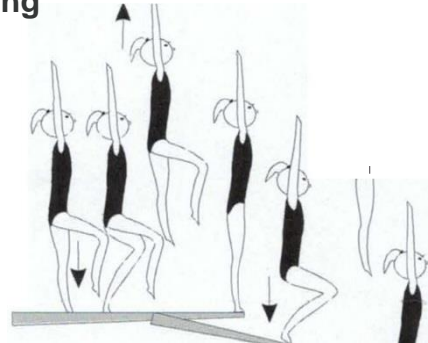


Grade 4 (continued)

All movements must be performed from the 1 metre board.

Hurdle Step Jump from Hurdle Step Position, no Armswing

1. Start position two feet lengths away from the end of the board
2. Arms above head
3. Knee lifted just under 90 degrees (see diagram)
4. Big toe pointing to big toe
4. Push up off straight leg
5. Land with two feet together on the end of board
6. Continue the jump into water



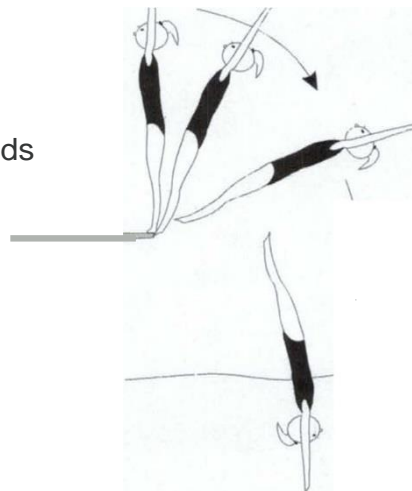
Forward line up (010B)

1. At least 90 degree bend at waist
2. Back kept flat
3. Hands grabbed
4. Fall with no push
5. Stretched forward for entry with hands grabbed



Back Fall (020A)

1. Correct posture, feet half off the board
2. Hands grabbed above head looking at hands
3. Lift up on toes and fall backwards
4. Look back and reach hands to water
5. Stretched entry

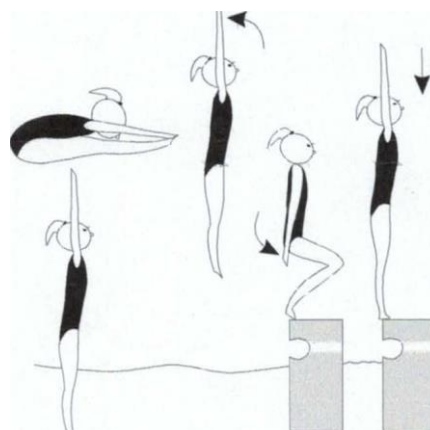


GRADE 5



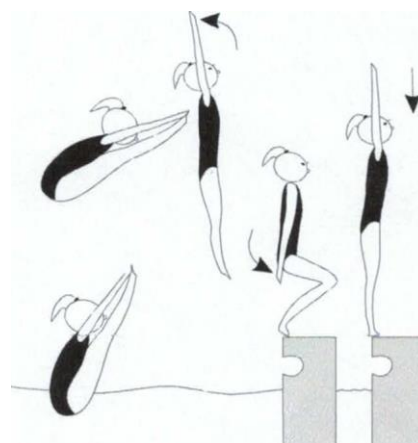
Back Jump Piked with Armswing

1. Correct posture
2. Armswing
3. Arms narrow and extended over head
4. Make pike shape looking over toes
5. Arms circle wide from pike
- 6 Stretched entry with hands grabbed



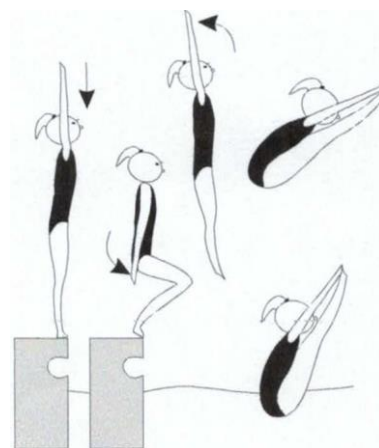
Back Pike Sit

1. Facing backwards, correct posture
2. Armswing
3. Narrow arms extended to ears
4. Stretch over toes into pike shape
5. Entry on buttocks, see diagram



Reverse Pike Sit

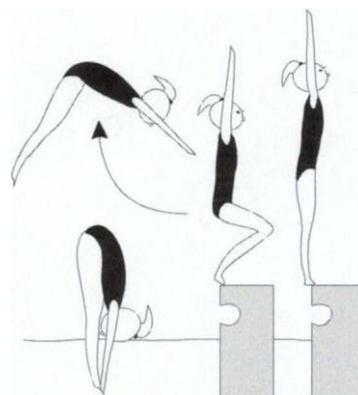
1. Facing forwards, correct posture
2. Armswing
3. Strong jump and slightly forwards
4. Narrow arms extended to ears
5. Stretch over toes into pike shape
6. Entry on buttocks, see diagram



Grade5 (continued)

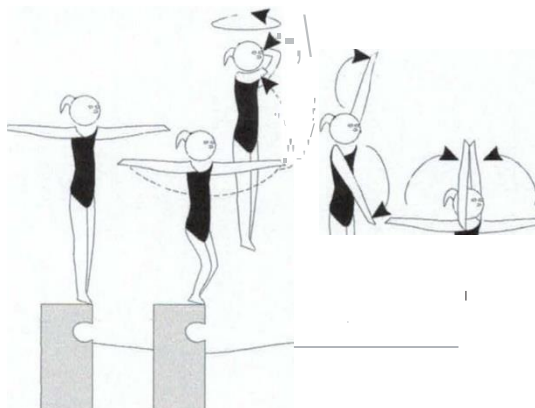
Inward Pike Wedge

1. Correct Posture
2. Strong jump and hip drive slightly back
3. Narrow arms stretching over toes into pike shape
4. Entry into water still in pike shape
5. Emphasis on spotting for safety



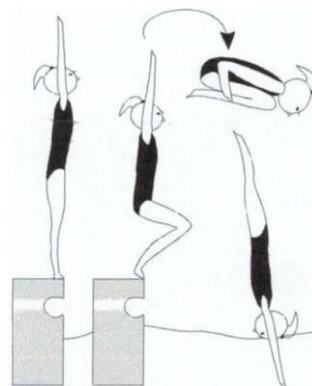
Forward Jump 1 Twist

1. Arms in T position palms facing forward
2. Strong Jump
3. 1 arm back behind head
4. Other across chest under chin
5. The arm that is behind your head will be the shoulder that leads the twist
6. Complete 1 twist
7. Both arms make circling action above the head finishing in a T position to stop the twist



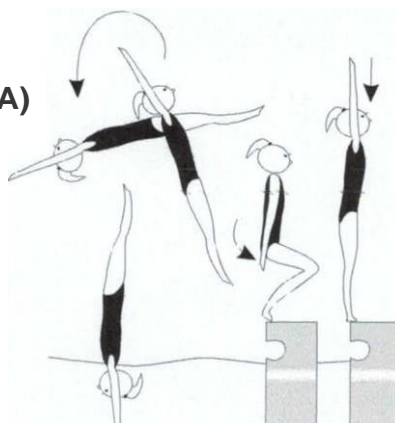
Forward Dive with Tuck (101C)

1. Correct posture
2. Strong jump and hip drive
3. Assume tuck shape before top of dive
4. Snap into straight position hands grabbed



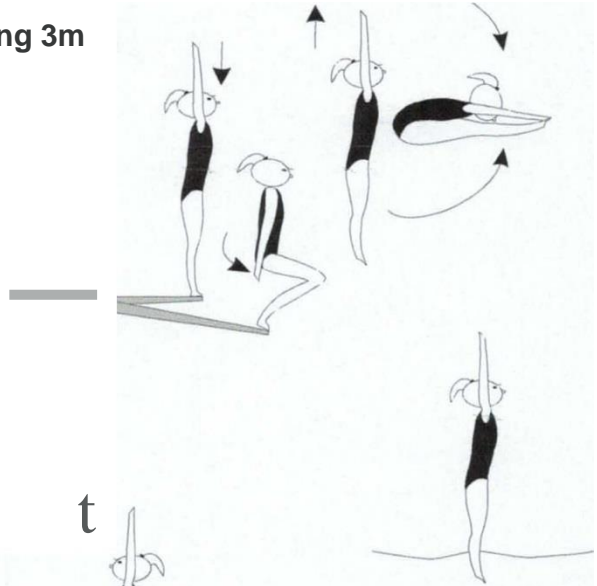
Back Dive Straight with Armswing (201A)

1. Correct posture
2. Armswing
3. Narrow arms extended behind ears
4. Strong jump
5. Look for water
6. Stretched entry

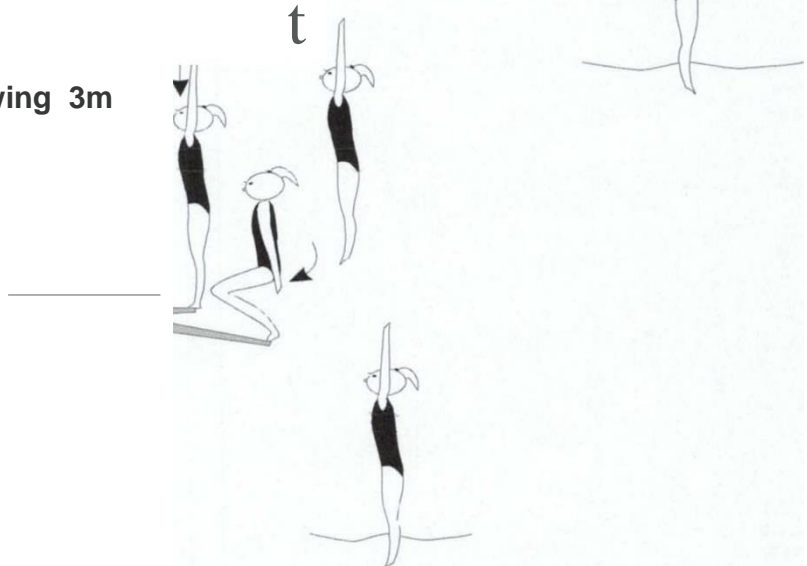


Grade 5 (continued)

Forward Jump Piked with Armswing 3m

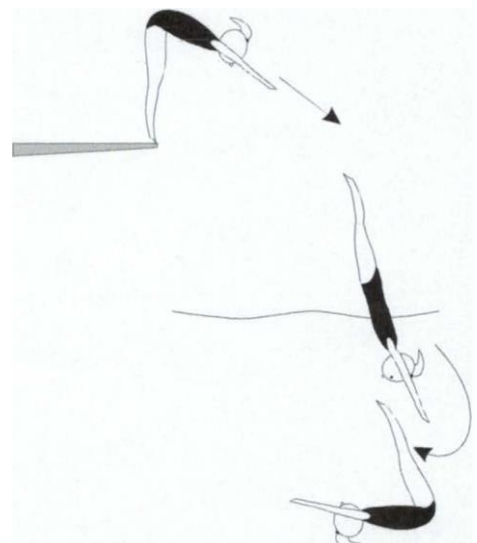


Back Jump Straight with Armswing 3m



Forward Line Up 3m (010B)

1. Hands grabbed
2. At least 90 degree bend at waist, back flat
3. Fall, do not push
4. Aim hands slightly more forward than 1m
5. Stretched entry with hands grabbed

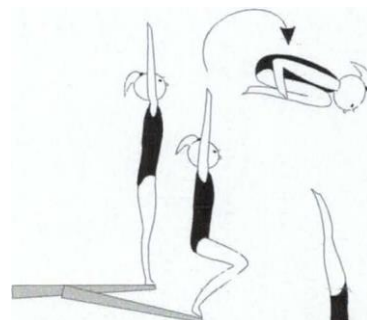


GRADE 6



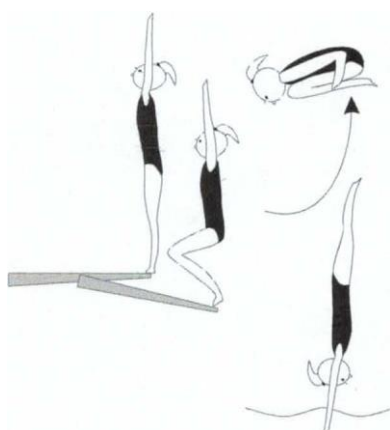
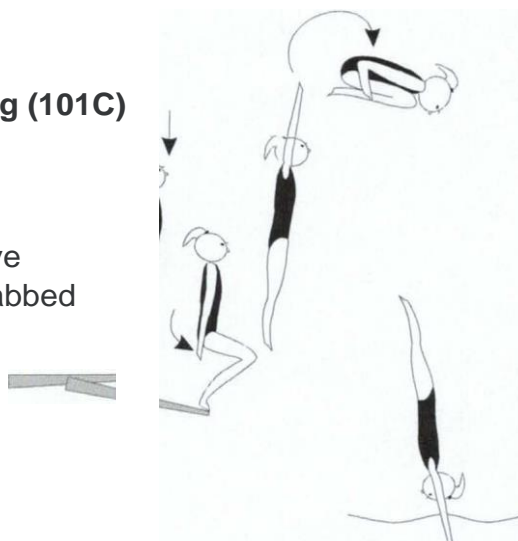
Forward Dive with Tuck (101C)

1. Correct posture
2. Strong jump and hip drive
3. Assume tuck shape before top of dive
4. Snap into straight position hands grabbed



Forward Dive Tucked with Armswing (101C)

1. Correct posture
2. Armswing, arms to ears
2. Strong jump and hip drive
3. Assume tuck shape before top of dive
4. Snap into straight position hands grabbed

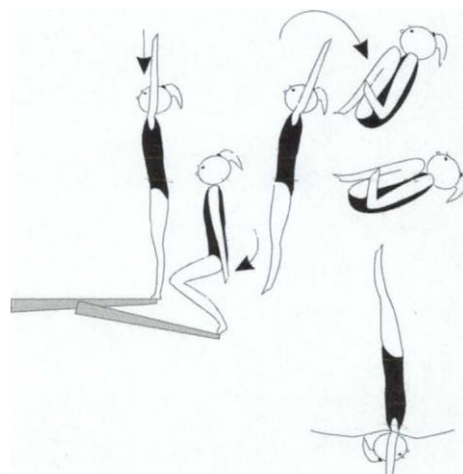


Inward Dive with Tuck (401C)

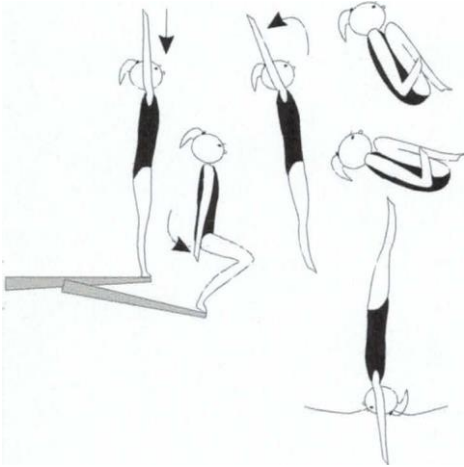
1. Correct posture, weight slightly over toes
2. Strong jump and hip drive slightly back
3. Narrow arms stretching into tuck shape
4. Assume tuck shape
5. Snap into stretched position

Back Dive with Tuck (201C)

1. Correct posture
2. Armswing, arms to ears
3. Strong jump
4. Assume tuck shape before top of dive
5. 1,2,3,4 out sequence
6. Stretch for entry



Grade 6 (continued)

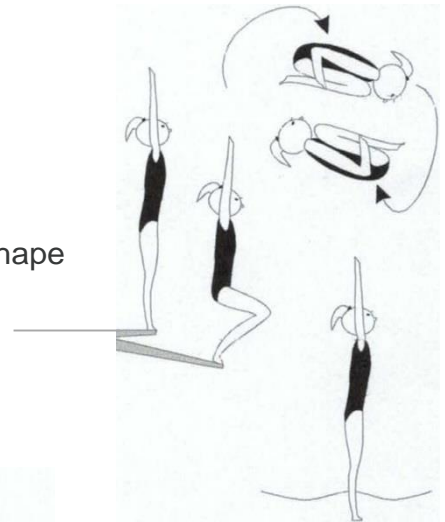


Reverse Dive with Tuck (301C)

1. Correct posture
2. Armswing
3. Narrow arms extended behind ears
4. Strong jump
5. Assume tuck shape
5. 1,2,3,4 out sequence
6. Stretch for entry

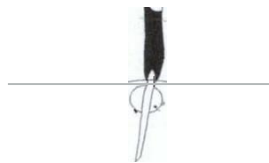
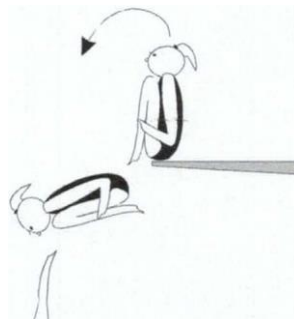
Forward Somersault with Tuck (102C)

1. Correct posture
2. Strong jump and hip drive
3. Narrow arms stretching up and over into tuck shape
4. Assume tuck shape
5. Complete 1 full rotation
6. Snap out with feet into water



Forward Tuck Roll 3m (010C)

1. Sit with buttocks at end of board
2. Feet pointing at water in tuck shape
3. Overbalance and roll forwards
4. Stretch forward, hands grabbed



Back Tuck Roll 3m (020C)

1. Half the feet over the end of board
2. Crouch and assume tuck shape
3. Overbalance and roll backwards
4. Stretch out looking at toes
5. 1,2,3,4 out sequence
6. Look for water
7. Stretched entry

