

Starfish Stroke School™

Curriculum and Core Skills Achievement Stages					
	WHITE	RED	YELLOW	BLUE	GREEN
Lead-up Skills	<i>Focus: freestyle, introduction to backstroke</i>	<i>Focus: backstroke, introduction to butterfly</i>	<i>Focus: butterfly</i>	<i>Focus: breaststroke</i>	<i>Focus: endurance</i>
	Ask permission to get in	Put on lifejacket in the water	Use flotation for assists	Discuss the Starfish Safety Concepts – Q & A	Perform a racing dive
	Swim freestyle with high elbow recovery	Swim backstroke with straight arm recovery	Perform pulsing with arms above the head	Perform breaststroke kicking motion (assisted)	Perform an open freestyle turn
	Swim freestyle and with thumb touch	Swim backstroke with little finger first entry	Perform pulsing with arms above the head and scull with hands	Perform breaststroke kick with support (kickboard, float bar, rescue tube, etc...)	Perform an open backstroke turn
	Swim freestyle with center line pull	Swim backstroke with bent arm pull	Lift head to breathe during pulsing	Perform breaststroke arm action (assisted)	Perform a freestyle flip turn
	Swim freestyle with body roll	Swim backstroke with good body and arm extension	Add 1 butterfly arm stroke to pulsing	Perform breaststroke arm action with support (pull buoy, noodle, rescue tube, etc...)	Perform a backstroke flip turn
	Exhale in the water before rolling to breathe	Perform backstroke flutter kick	Pulse with hand slide 3 times then take 2 swing and stretch arm strokes		Perform a breaststroke and butterfly open turn
	Triple-switch backstroke drill	Swim backstroke with body roll	Pull to a thumb touch when performing butterfly arm strokes	Combine arm action and leg kicking	Swim in trains
		Perform arm down pulsing		Incorporate dolphin body motion into breaststroke after the kick.	Swim on basic pace clock intervals
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket from in the water, kick 30 ft	Use flotation to reach or throw to assist a swimmer and know when and how to call 911	Discuss the Starfish Safety Concepts	Tread water or survival float for 2 minutes
Swim Skill Benchmark	Swim freestyle 30 ft with body stretched out and consistent form; swim 30 ft of triple-switch backstroke	Swim 30 ft backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for fifteen feet	Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle	Swim 30 ft breaststroke with good timing and extension	Swim freestyle 50 yards with rolling body motion, high elbow recovery, and body stretch; swim backstroke 50 yards with rolling body motion, straight arm recovery, and body stretch; swim 25 yards butterfly with dolphin body motion, straight arm recovery, and body stretch; swim 50 yards breaststroke with proper timing and body stretch; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.