

# Big Fish 1 Check List

**Name:** \_\_\_\_\_

In order to move up to Big Fish 2, swimmers must check each box.

## **Butterfly**

- Can kick consistently for 50 M
- Have a basic arm recovery (arms clearing the water at some point in the recovery)
- Can breathe forward
- Start to develop an understanding of the fly timing

## **Backstroke**

- Can kick and rotate to both sides for 50 M
- Can pull continuously for 50 M with straight arm recovery (thumb out / pinky in)
- Can keep head still and hips on top of water
- Knows how to count strokes into the wall

## **Breaststroke**

- Can kick with narrow legs simultaneously for 25 M
- Can scull at the start of the stroke and pull stops at the elbow
- Glides for a second

## **Freestyle**

- Can kick with small kicks starting from the hips for 50 M
- Can side glide breathe
- Can recover arms over the water (start to have an understanding of high elbow)
- Arms actions are mirrored

## **Swimmers must also be able to**

- Do a proper underwater rules push off
- Do a flip turn
- Swim consistently for 50 M
- Show respect towards teammates, coaches and themselves