

## BEGINNER

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### Swimming - Technique

- Executes correct head up freestyle and head up backstroke technique
- Applies head up freestyle and head up backstroke with some speed and agility

### Swimming – Distance

- 150 m swim – 50 x freestyle, 50 x backstroke and 50 x breaststroke (**TEST**)
- 4 x 50 m sprint – freestyle (**TEST**)
- 150 m freestyle swim (**TEST**)

### Dribbling

- Executes correct dribbling technique
- Applies dribbling action with some speed and agility

### Legwork

- Can execute egg beater for 60 secs with hands above head (**TEST**)

### Catching

- Catches with arm extended in the direction the ball is arriving
- As the ball arrives, raises arm to meet the ball
- Draw the ball back behind the head to take the momentum

### Passing

- Executes the correct passing technique with some accuracy
- Applies correct passing technique to deliver pass to receiver on the water and to their hand
- Can catch & pass one-handed 20 times @ 3m, 5m and 10m (**TEST**)

### Shooting

- Executes the correct shooting technique with some accuracy
- Tucks legs underneath with explosive eggbeater
- Rotates the hip forward to gain more power
- Right hip ends up facing the goal after the shot has been completed (if right handed)
- Shooting @ 2 m from 3 points of the mushroom (**TEST**)
- Shooting @ 5 m from 3 points of the mushroom (**TEST**)

### Moving Clear of a Defender

- Releases for the ball and moves into free space with speed

### Attempts to defend an opponent

- Remains between the attacker and the goals
- Defends in a semi-horizontal position

### Moves to intercept a pass

- Positions themselves in the passing lanes
- Uses breaststroke or sidestroke to intercept pass

**Mushroom**

- Understands positions of the mushroom
- Knows where the Centre Forward is positioned
- May explain the role of the Centre Forward
- May describe the requirements of the 2m and 5m rule in attack (**TEST**)

**Basic Rules (TEST)**

- Can answer how many players in a team
- Can name 4-5 basic rules, including naming 3 ordinary fouls
- Describes the role of the referee during a game