

NASPE
Swimming Progression Skills Check List
Level Orange

Level Orange Instructor: _____ Date: _____	Student's Name						
		1.	2.	3.	4.	5.	6.
Gliding: with/without assistance							
Front Glide; face in water & kick 5-15 feet; unassisted							
Back Glide; & kicking 5-15 feet; unassisted							
Kick on Kickboard:							
Unassisted preferred; 3-5 yards							
Lateral Rolls							
Roll over-front to back							
Roll over-back to front							
Vertical Rotation							
Front Float to Back Float							
Back Float to Front Float							
Swim on Front							
Flutter Kick on Front; (unsupported)-15 yards							
Front Crawl Arms-Standing							
Rhythmic Breathing, at side of pool							
Combined arm & leg actions on front-15 yards (Front Crawl)							
Swim on Back							
Flutter Kick on Back; (unsupported)-15 yards							
Back Crawl Arms-Standing							
Finning (on Back)							
Combined arm & leg actions on back-15 yards (Back Crawl)							
Water Exploration							
Unsupported Bobs with bubbles-10 repetitions							
Deep Water Orientation							
Jump into waist-deep water							
Feet-First Surface Dive							
Water Safety + Helping Others							
Water safety rules							
Assist unbalanced swimmer to standing position							
Reaching assists using arm, leg, towel, pole or object							