

# More Sports Program Outline and Learning Outcomes

<p>(1) Sea Dragon (PRE-SCHOOL) 4 -6 students / 50min / 5m</p> <ul style="list-style-type: none"> <li>*Swim etiquette</li> <li>*Submerge, open eyes and blow bubbles</li> <li>*Slide in entry</li> <li>*Exit the water safely</li> <li>*Kicking on front for 5m with a board</li> <li>*kicking on front for 5m without a board</li> <li>*10m Freestyle kick with board</li> <li>*10m Backstroke kick with board</li> <li>*10m Freestyle</li> <li>*10m Backstroke</li> </ul>	<p>(2) Snapper (BEGINNER 1) 4 - 7 students / 60min / 7m</p> <ul style="list-style-type: none"> <li>*Swim etiquette</li> <li>*Submerge, open eyes and blow bubbles</li> <li>*Kicking on front for 14m with a board</li> <li>*kicking on front for 14m without a board</li> <li>*15m Freestyle</li> <li>*15m Backstroke</li> <li>*15m Breaststroke kick with board</li> </ul>
<p>(3) Turtle (BEGINNER 2) 4 - 8 students / 60min / 7m</p> <ul style="list-style-type: none"> <li>*Swim etiquette</li> <li>*Streamlines kicking 7m without a board</li> <li>*20m Freestyle</li> <li>*20m Backstroke</li> <li>*15m Breaststroke</li> <li>*Safety skills</li> </ul>	<p>(4) Seal (INTERMEDIATE) 4 - 8 students / 60min / 10m</p> <ul style="list-style-type: none"> <li>*50m Freestyle</li> <li>*50m Backstroke</li> <li>*50m Breaststroke</li> <li>*10m Butterfly kicking without aboard</li> <li>*25m Butterfly single arm</li> <li>*Safety skills</li> <li>* Use Fins</li> </ul>
<p>(5) Dolphin (ADVANCE) 4 - 12 students / 60min / 20m</p> <ul style="list-style-type: none"> <li>* 200m freestyle</li> <li>* 200m Backstroke</li> <li>* 100m Breaststroke</li> <li>* 50m Butterfly</li> <li>* Safety skills</li> <li>* 200m I.M</li> <li>* Cycle-based training * BASIC TECHNIQUES-</li> <li>* Tumble Turn / Touch Turn</li> <li>* Underwater dolphin kick (at least 5m off the wall)</li> <li>* Breaststroke Under water *Breath on both side</li> </ul>	<p>(6) Mini Squad (MINI SQUAD) 7- 15 students / 60min / 25m</p> <ul style="list-style-type: none"> <li>* 400m Freestyle</li> <li>* 200m Backstroke</li> <li>* 200m Breaststroke</li> <li>* 100m Butterfly</li> <li>* 200m I.M</li> <li>* Swim and Survive Training</li> <li>* Dive and perform a race start</li> <li>* 50m Freestyle Under 65 second</li> <li>* Cycle-based training * Basic Techniques</li> </ul>
<p>(7) Junior Squad 10-20 students / 60min / 50m</p> <ul style="list-style-type: none"> <li>* 800m Freestyle</li> <li>* 200m Backstroke</li> <li>* 200m Breaststroke</li> <li>* 100m Butterfly</li> <li>* 400m I.M</li> <li>* Dive and perform a race start</li> <li>* 50m Freestyle under 55 second</li> <li>* Swim and Survive Training</li> <li>* CPR Training</li> <li>* Cycle-based training * Basic Techniques</li> </ul>	<p>(8) Elite Squad 8-25 students / 90 min / 50m</p> <ul style="list-style-type: none"> <li>* 1500m Freestyle</li> <li>* 200m Backstroke</li> <li>* 200m Breaststroke</li> <li>* 200m Butterfly</li> <li>* 400m I.M</li> <li>* Dive and perform a race start</li> <li>* 50m Freestyle under 45 second</li> <li>* CPR Training -First Aid Training</li> <li>* Swim and Survive Training</li> <li>* Cycle-based training * Basic Techniques</li> </ul>

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