

# GOLD STAGE 1



## TEACHING PROGRAMME

CLASS	LIFESAVING SKILLS (NUMBER IN SYLLABUS)	OPTIONAL LEARNING ACTIVITY	
1	<ul style="list-style-type: none"> <li>Stand-off position (4)</li> <li>Defensive reverse (5)</li> <li>Compact jump (9)</li> </ul>	<ul style="list-style-type: none"> <li>Lifesaving backstroke (10)</li> <li>Game/Activity: Underwater swimming</li> </ul>	<ul style="list-style-type: none"> <li>Personal safety in an emergency</li> </ul>
2	<ul style="list-style-type: none"> <li>Wading rescue (2)</li> <li>Support position (2)</li> <li>Stand-off position (4)</li> </ul>	<ul style="list-style-type: none"> <li>Defensive reverse (5)</li> <li>Sidestroke (10)</li> <li>Game/Activity: Magic carpet relay (10)</li> </ul>	<ul style="list-style-type: none"> <li>Casualty recognition</li> </ul>
3	<ul style="list-style-type: none"> <li>Stirrup lift (2)</li> <li>Stand-off position (3)</li> <li>Tow with an aid (3)</li> </ul>	<ul style="list-style-type: none"> <li>Support position (3)</li> <li>Lifesaving backstroke (10)</li> <li>Game/Activity: Rope throw rescue (1)</li> </ul>	<ul style="list-style-type: none"> <li>Water safety equipment</li> </ul>
4	<ul style="list-style-type: none"> <li>Extended arm tow (6)</li> <li>Surface dive (6)</li> <li>Fall-in entry (9)</li> </ul>	<ul style="list-style-type: none"> <li>Compact jump (9)</li> <li>Game/Activity: Boat race (6)</li> </ul>	<ul style="list-style-type: none"> <li>Safety at the swimming pool</li> </ul>
5	<ul style="list-style-type: none"> <li>Extended arm tow (6)</li> <li>In-water rescue breathing (7)</li> <li>Sidestroke (10)</li> </ul>	<ul style="list-style-type: none"> <li>Lifesaving backstroke (10)</li> <li>Game/Activity: Spinning stars</li> </ul>	<ul style="list-style-type: none"> <li>Making an emergency call</li> </ul>
6	<ul style="list-style-type: none"> <li>Stand-off position (4)</li> <li>Defensive reverse (5)</li> <li>Extended arm tow (6)</li> </ul>	<ul style="list-style-type: none"> <li>In-water rescue breathing (7)</li> <li>Fall-in entry (9)</li> <li>Game/Activity: Float collect (9)</li> </ul>	<ul style="list-style-type: none"> <li>Swimming in clothing</li> </ul>
7	<ul style="list-style-type: none"> <li>Stirrup lift (2)</li> <li>Stand-off position (3)</li> <li>Tow with an aid (3)</li> </ul>	<ul style="list-style-type: none"> <li>Support position (3)</li> <li>Lifesaving backstroke (10)</li> <li>Scenario (3)</li> </ul>	<ul style="list-style-type: none"> <li>Memory test</li> </ul>
8	<ul style="list-style-type: none"> <li>Wading rescue (2)</li> <li>Support position (2)</li> <li>Stirrup lift (2)</li> <li>Surface dive (6)</li> </ul>	<ul style="list-style-type: none"> <li>Extended arm tow (6)</li> <li>Lifesaving backstroke (10)</li> <li>Sidestroke (10)</li> <li>Scenario (2,3,6)</li> </ul>	<ul style="list-style-type: none"> <li>Memory test</li> </ul>
9	<ul style="list-style-type: none"> <li>Practise/Assessment</li> </ul>		N/A
10	<ul style="list-style-type: none"> <li>Practise/Assessment</li> </ul>		N/A