

Phase	Knowledge	The facts, concepts, principles, and theories to teach	Practices	The skills, strategies, and applications to teach
Phase 1 Years 0–3 Water safety, Movement	0–3K1 Basic rules and water safety practices are essential in and around water environments including pools, beaches, lakes, and waterways. 0–3K2 Danger signs, flags, and environmental alerts help keep participants safe during water activities. 0–3K3 Within te ao Māori, tikanga are an important part of safe engagement with water environments. 0–3K4 Safe entry and exit techniques vary by activity and context, such as sit-and-slide for pools. 0–3K5 Basic water survival skills include staying afloat and treading water. 0–3K6 Everyone floats differently, and floating is easier when relaxed with arms and legs out. 0–3K7 There are kicking and arm techniques for freestyle, including breathing basics.	0–3P1 Identify potential hazards in and around water environments, including those identified by danger signs, flags, and environmental alerts. 0–3P2 Perform safe water entry and exit techniques (e.g. sit-and-slide, pool edge exits). 0–3P3 Float (rotating between front and back) and tread water. 0–3P4 Use any form of propulsion (e.g. sculling, paddling, kicking) to practise moving to safety. 0–3P5 Practise basic swimming skills such as push and glide (front and back), paddling, and kicking with support. 0–3P6 Use kicking and arm techniques for freestyle.		
Phase 2 Years 4–6 Water safety, Movement	4–6K1 Risk assessment includes recognising environmental hazards and knowing when to enter, exit, or avoid water. 4–6K2 Open-water conditions (e.g. currents, waves, temperature) can influence safety and movement. 4–6K3 Safety practices are essential during water activities, along with wearing the appropriate gear and following instructions. 4–6K4 Within te ao Māori, people understand how observing tohu (signs) and applying tikanga and local hapū and iwi knowledge support safe interaction with waterways and changing environmental conditions. 4–6K5 Safe reach rescues (e.g. using a noodle or kickboard) must be performed with awareness of potential dangers. 4–6K6 The HELP (Heat Escape Lessening Posture) position (in a life jacket or with improvised flotation) and huddle position help conserve body heat in cold water. 4–6K7 Swimming technique can be adapted for different strokes (e.g. freestyle, backstroke, breaststroke) and situations. 4–6K8 Breathing while swimming involves coordinating multiple movements (e.g. continuing to kick while moving the arms, inhaling above water and exhaling below water for freestyle).	4–6P1 Analyse hazards in home, pool, and open-water environments to identify safe decisions, including when and where to enter or exit water. 4–6P2 Use flotation devices to practise performing safe reach rescues with awareness of safety risks. 4–6P3 Demonstrate the HELP position and huddle position for cold-water survival accurately. 4–6P4 Swim increasing distances using a coordinated swimming stroke, including correct body position, leg action, arm action, and breathing.		