

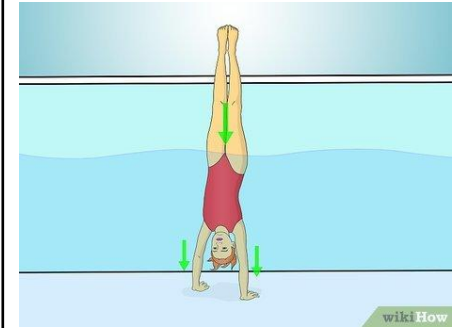


Scull on the back.
Head first sculling for five metres.
Feet first sculling.

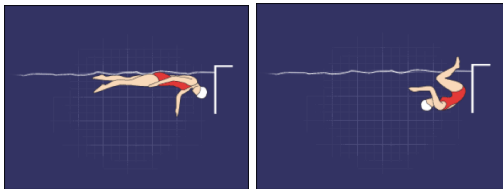
Sculling with a partner for 30-45 seconds including a rotation.



Hold a handstand for a minimum of 3 seconds.



Forward somersault tucked in the water.



Swim 10 m in clothes.

