



## **Littleton Public Schools Physical Education Swimming Proficiency Test**

### Why do we have a swimming requirement in Littleton Public Schools?

Swimming is a skill that we use throughout our life. According to the American Academy of Pediatrics, between 1990 and 2000, drowning was the second most common cause of unintentional injury death for children ages 0-19 in the United States. *Statistics suggest that 90% of drownings take place in fresh water, not in the open ocean.* In Colorado alone, students are likely to encounter deep, cold water in our mountain lakes and reservoirs, fast-moving water in mountain streams, unattended swimming pools, and water that is dark, murky, or unexpectedly shallow. For these reasons, teaching students to swim and be safe around the water is highly valued by our community and is therefore a graduation requirement in Littleton Public Schools.

This test is not as rigorous as the test at the end of our 18-week basic swimming class. However, it is designed to assure that a student can swim from the center of a lake to the shore using the most efficient stroke, or can survive in deep water by treading or floating until help arrives.

Students may take it at any of our three high schools, as it is uniform across the district. Students may retake the test as many times as necessary starting in ninth grade, ending first semester of senior year. Second semester seniors may not take the test. Passing this test waives the swimming graduation requirement, but it does not decrease the number of hours required in physical education. This is a graduation requirement for Littleton Public Schools and must be completed with a LPS Physical Education teacher. Other swimming certifications will not be accepted.

For scheduling of the swim waiver test, please visit any of the high schools' websites, or contact the Physical Education Department Chairperson at your school.

See next page for test.

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**Stroke Proficiency**

Demonstrate proficiency in four of the five following strokes (one length of 25 yards) in this order:

- \_\_\_\_\_ Front Crawl with flutter kick
- \_\_\_\_\_ Back Crawl with flutter kick
- \_\_\_\_\_ Elementary Backstroke with whip kick
- \_\_\_\_\_ Breaststroke with whip kick
- \_\_\_\_\_ Sidestroke with scissor kick

**Deep Water Survival Skills**

- \_\_\_\_\_ Swim 10 laps (20 lengths, 500 yards) continuously, with no time limit, using any combination of the strokes listed above.
  
- \_\_\_\_\_ Jump in and tread water/float for 15 continuous minutes
  - Tread water with hands out of the water for 2 minutes.
  - Tread water with hands in the water for 5 minutes.
  - Survival float/back float for 8 additional minutes.

**Deep Water Diving**

- \_\_\_\_\_ Dive proficiently from the edge of the pool into deep water.
  - Arms extended over head
  - Hands together
  - Chin tucked to chest
  - Legs together
  - Toes pointed