

**At the end of Stage 1 participants will be able to:**

1. Enter the water safely
2. Move forwards for a distance of 5 metres
3. Move backwards for a distance of 5 metres
4. Move sideways for distance of 5 metres
5. Scoop the water and wash face
6. Be at ease with water showered from overhead
7. Move into a stretched floating position using aids, equipment or support
8. Regain an upright position from on the back, with support
9. Regain an upright position from on the front with support
10. Push & glide in a horizontal position to or from a wall
11. Take part in a teacher led partner orientated game
12. Demonstrate an understanding of pool rules
13. Exit the water safely

**At the end of Stage 2 participants will be able to:**

1. Jump in from poolside safely
2. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3. Regain upright position from the back without support
4. Regain an upright position from the front without support
5. Push from wall & glide on the back
6. Push from wall & glide on the front
7. Travel on the back for 5 metres, aids or equipment may be used
8. Travel on the front for 5 metres, aids or equipment may be used
9. Perform a rotation from the front to the back to gain an upright position
10. Perform a rotation from the back to the front to gain an upright position

**At the end of Stage 3 participants will be able to:**

1. Jump in from poolside and submerge (min depth. 0.9)
2. Sink, push away from wall on side and maintain a streamlined position
3. Push & glide on the front with arms extended and log roll onto the back
4. Push & glide on the back with arms extended and log roll onto the front
5. Travel on the front, tuck to rotate around the horizontal axis to return on the back
6. Fully submerge to pick up an object
7. Answer correctly 3 questions on the Water Safety Code
8. Travel 10 metres on the back
9. Travel 10 metres on the front

**At the end of Stage 4 participants will be able to:**

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4. Push & glide from the wall to the pool floor
5. Kick 10 metres Backstroke

6. Kick 10 metres Front Crawl
7. Kick 10 metres Butterfly on the front or on the back
8. Kick 10 metres Breaststroke on the back
9. Kick 10 metres Breaststroke on the front
10. Perform on the back a head first sculling action for 5 metres in a horizontal position
11. Travel on the back and roll in one continuous movement onto front
12. Travel on the front and roll in one continuous movement onto back
13. Swim 10 metres, choice of stroke is optional

**At the end of Stage 5 participants will be able to:**

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for 5 metres whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds
5. Perform 3 different shaped jumps into deep water
6. Swim 10 metres Backstroke
7. Swim 10 metres Front Crawl face in the water
8. Swim 10 metres Breaststroke
9. Swim 10 metres Butterfly
10. Perform a handstand and hold for a minimum of 3 seconds
11. Perform a forward somersault, tucked, in the water
12. Demonstrate an action for getting help

**At the end of Stage 6 participants will be able to:**

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into Backstroke
3. Sink, push off on side from the wall, glide, kick and rotate into Front Crawl
4. Swim 10 metres with clothes on
5. Swim Front Crawl to include at least six rhythmical breaths
6. Swim Breaststroke to include at least six rhythmical breaths
7. Swim Butterfly to include at least three rhythmical breaths
8. Swim 25 metres, choice of stroke is optional
9. Perform a 'shout & signal' rescue
10. Perform a surface dive
11. Exit the water without using steps

**At the end of Stage 7 participants will be able to:**

1. Swim 25 metres Backstroke
2. Swim 25 metres Front Crawl
3. Swim 25 metres Breaststroke
4. Swim 25 metres Butterfly

5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills:  
Sculling, Rotation, Floating, Eggbeater
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. Swim 100 metres, using a minimum three different strokes
9. Tread water using egg beater action for 30 seconds
10. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout

**At the end of Stage 8 participants will be able to:**

1. Complete a set lasting 400m (e.g. 16 x 25m) on a specific turn around time set by the coach (e.g. 1.00min for each 25m)
2. Swim 400m continuously using one stroke
3. Kick 25m Backstroke with/without using a board
4. Kick 25m Breaststroke with/without using a board
5. Kick 25m Butterfly with/without using a board
6. Kick 25m Front Crawl with/without using a board
7. Perform a Backstroke turn from 10m in to 15m out
8. Perform a Breaststroke turn from 10m in to 15m out
9. Perform a Butterfly turn from 10m in to 15m out
10. Perform a Front Crawl turn from 10m in to 15m out

**At the end of Stage 9 participants will be able to:**

1. Complete a set lasting 800m (E.g. Either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (e.g. 1.30min for 50m's, 2.45min for 100m's; 6.00min for 200m's)
2. Swim 800m continuously using one stroke
3. Swim a continuous 100m IM using legal turns
4. Perform a 15m underwater kick on front in a streamlined position
5. Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m
6. Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m.
7. Perform a Butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall is completed, transfer in to stroke and complete the remainder of the 25m.
8. Perform a Breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25m

**At the end of Stage 10 participants will be able to:**

1. Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turn around set by the coach (e.g. 2.30min for 100m's; 5.30min for 200m's; 12min for 400m's)

2. Swim 1500m continuously choosing one stroke
3. Perform a continuous 100m IM kick without using a kick board
4. Swim a continuous 200m IM using legal turns
5. Perform a 15m under water Butterfly kick on back or front in streamlined position
6. Perform a Front Crawl relay take over – as an incoming Swimmer
7. Perform a Front Crawl relay take over – as an outgoing Swimmer