

1

Water Experience

Learning Outcomes:

To travel 5 – 10m safely on a buoyancy aid, blowing bubbles and using arms and legs for propulsion in a fun/ game-based way.

2

Beginner 1

Learning Outcomes:

- To push and glide a small distance from the side of the pool in a rocket shape
- To travel the width of the pool or 10m on a buoyancy aid using a propulsive leg action
- To introduce an underarm travel action (alternate) whilst kicking on a buoyancy aid
- Floating on the front and on the back

3

Beginner 2

Learning Outcomes:

- Further safety in the swimming pool and introduction of personal safety around water
- Push and glides – front and back
- Submersion Skills – using toys
- Safe jumping in and return to safety
- Overarm action on front crawl and alternate kick – with forward or side breathing

4

Improve 1

Learning Outcomes:

- Further personal safety and safety of others development when around water
- Introduction to basic diving skills i.e. push and glide to floor
- Side breathing on front crawl development
- Refinement of back crawl and teach timing of breathing on back crawl i.e. in on one arm and out on the other

5

Improve 2

Learning Outcomes:

- Further personal safety and safety of others development when around water. Can practise rescues without entering the water
- Kneeling or standing dives into the water with underwater dolphin kick leg action
- Further front crawl development – longer distances with regular breathing patterns
- Further back crawl development - develop stamina – use isolated leg kick to do this

6

Improve 3

Learning Outcomes:

- Further personal safety and safety of others development when around water
- 25m on all four strokes swum competently and in accordance with ASA Laws of the stroke for front crawl and back crawl

7

Improve 4

Learning Outcomes:

- Complete a set lasting 400 metres (e.g. 16 x 25m, 8 x 50m, 4 x 100m) on a specific turnaround time agreed by the teacher or coach (e.g. 1.00 minutes for each 25 metres) with a focus on stroke technique and consistency
- Swim 400 metres continuously using one stroke
- Push and streamline then kick 25 metres back stroke with or without using a board
- Push and streamline then kick 25 metres breaststroke with or without using a board
- Push and streamline then kick 25 metres butterfly without using a board



- Overarm action on back crawl and alternate kick
- 15m swims on front and back
- Introduction to breaststroke leg action
- Introduction to breaststroke arm action
- Deep Water confidence development

- Development of breaststroke leg action and arm action
- Introduction to fly kick
- Introduction to rotation skills
- Kneeling dives
- 20m swims on front crawl and back crawl

- Further development of breaststroke leg action and arm action and whole stroke
- Further fly kick development and further fly stroke co-ordination development
- Strong 25m swims on front crawl and back crawl
- 20m swims on breaststroke (or 25m if appropriate)
- 20m swims on butterfly

- Continuous swim of 100m using three different
- Swimming 50m and 100m distances competently

- Push and streamline then kick 25 metres front crawl with or without using a board
- Perform a back stroke turn from 10 metres in to 15 metres out
- Perform a breaststroke turn from 10 metres in to 15 metres out
- Perform a butterfly turn from 10 metres in to 15 metres out
- Perform a front crawl turn from 10 metres in to 15 metres out
- Perform a dive track or grab start, and kick butterfly underwater in a streamlined position for 5 metres with the focus on progressing it to 10 metres.