

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
- 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

4

Improver 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 backcrawl and teach timing of breathing on back crawl i.e. in on one arm and out on the other

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

5

Improver 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

- 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 backcrawl
- 20m swims on breaststroke (or 25m if appropriate)
- 20m swims on butterfly