

Aquatic Skills Framework

Learn to Swim Stages 8-10 Swimming Outcomes

The Learn to Swim Stages 8-10 Swimming Awards mark completion of each Stage and are available to purchase from the Swim England shop: shop.swimming.org.

Learn to Swim Stage 8 Swimming

Outcomes

By completing this Award, swimmers will be able to:

1. Complete a set lasting 400 metres (e.g. 16 x 25 metres, 8 x 50 metres, 4 x 100 metres) on a specific turnaround time agreed by the teacher/coach (e.g. 1.00 minutes for each 25 metres) with a focus on stroke technique and consistency.
2. Swim 400 metres continuously using one stroke.*
3. Push and streamline then kick 25 metres backstroke with or without using a board.
4. Push and streamline then kick 25 metres breaststroke with or without using a board.
5. Push and streamline then kick 25 metres butterfly without using a board.
6. Push and streamline then kick 25 metres front crawl with or without using a board.
7. Perform a backstroke turn from 10 metres in to 15 metres out.
8. Perform a breaststroke turn from 10 metres in to 15 metres out.
9. Perform a butterfly turn from 10 metres in to 15 metres out.
10. Perform a front crawl turn from 10 metres in to 15 metres out.
11. Perform a dive track or grab start, and kick butterfly under water in a streamlined position for 5 metres with the focus on progressing it to 10 metres.**

* Swimmer's choice.

** Delivery will depend on the pool design and facilities available.

Learn to Swim Stage 9 Swimming

Outcomes

By completing this Award, swimmers will be able to:

1. Complete a set lasting 800 metres (either 16 x 50 metres; 8 x 100 metres; 4 x 200 metres) on a specific turnaround time as agreed by the teacher/coach (e.g. 1.30 minutes for 50 metres) with a focus on stroke technique and consistency.
2. Swim 800 metres continuously choosing one stroke.*
3. Swim a continuous 100 metres individual medley (4 x 25 metres) using recognised turns with a focus on stroke technique and consistency.
4. Perform a 15 metres underwater kick on front from a push and glide in a streamlined position.

5. Perform a backstroke start then butterfly kick in a streamlined position under water up to a maximum of 15 metres from the start point (wall), transfer into stroke and complete the remainder of the 25 metres.**
6. Perform a front crawl start, underwater kick in a streamlined position up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.***
7. Perform a butterfly start, kick in a streamlined position up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.***
8. Perform a breaststroke start, perform a one and a half pull under water, transfer into stroke and complete the remainder of the 25 metres.***

*Swimmer's choice.

**Backstroke start may need to be adapted depending on pool design.

*** Delivery will depend on the pool design and facilities available.

Learn to Swim Stage 10 Swimming

Outcomes

By completing this Award, swimmers will be able to:

1. Complete a set lasting 1,600 metres (either 16 x 100 metres, 8 x 200 metres, 4 x 400 metres) on a specific turnaround time agreed by the teacher/coach (e.g. 2.30 min for 100 metres), focus on stroke technique and consistency.
2. Swim 1,500 metres continuously choosing one stroke.*
3. Perform a continuous 100 metres (4 x 25 metres) individual medley kick without using a kick board.
4. Swim a continuous 200 metres (4 x 50 metres) individual medley using recognised turns.
5. Perform a front crawl relay take over –as an incoming swimmer.
6. Perform a front crawl relay take over – as an outgoing swimmer.

* Swimmer's choice.