

# National Plan for Teaching Swimming criteria

## Stage 1

By the end of this stage participants will be able to, with or without aids, equipment or support:

1. Enter the water safely.
2. Move forwards for a distance of 5 meters.
3. Move backwards for a distance of 5 meters.
4. Move sideways for a distance of 5 meters.
5. Scoop the water and wash face.
6. Be at ease with the 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 and 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.

(13 outcomes).

## Stage 2

1. By the end of this stage participants will be able to, with or without aids, equipment or support:

2. Jump in from poolside safely.
3. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged.
4. Regain an upright position from on the back, with support.
5. Regain an upright position from on the front, with support.
6. Push from wall and glide on the back.
7. Push from wall and glide on the front.
8. Travel on the back for 5 meters, aids or equipment may be used.
9. Travel on the front for 5 meters, aids or equipment may be used.
10. Perform a rotation from the front to the back to gain an upright position.
11. Perform a rotation from the back to the front to gain an upright position.

(11 outcomes)

### Stage 3

By the end of this stage participants will be able to, without support:

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 and glide on the front with arms extended and log roll on to the back.
4. Push and glide on the back with arms extended and log roll on to the front.
5. Travel on the front, tuck to rotate around the horizontal axis to return on the back.
6. Fully submerged pick up an object.
7. Answer correctly 3 questions on the water safety code.
8. Travel 10 meters on the back.
9. Travel 10 meters on the front.

(9 outcomes)

### Stage 4

By the end of this stage 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 and glide from the wall to the pool floor.
5. Kick 10 meters backstroke (one item of equipment optional).
6. Kick 10 meters front crawl (one item of equipment optional).
7. Kick 10 meters butterfly on the front or on the back (one item of equipment optional).
8. Kick 10 meters breaststroke on the back (equipment optional).
9. Kick 10 meters breaststroke on the front (equipment optional).
10. Perform on the back a head-first sculling action for 5 meters in a horizontal position.
11. Travel on back and roll in one continuous movement on to front.
12. Travel on front and roll in one continuous movement on to back.
13. Swim 10 meters, choice of stroke is optional.

(13 outcomes)

### Stage 5

By the end of this stage participants will be able to, without aids:

1. Perform a horizontal stationary scull on the back.
2. Perform a feet-first sculling action for 5 meters 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 meters backstroke.
  7. Swim 10 meters front crawl face in the water.
  8. Swim 10 meters breaststroke.
  9. Swim 10 meters 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.
- (12 outcomes)

### Stage 6

By the end of this stage participants will be able to:

1. Demonstrate an understanding for 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 meters with clothes on.
  5. Swim front crawl to include at least 6 rhythmical breaths.
  6. Swim breaststroke to include at least 6 rhythmical breaths.
  7. Swim butterfly to include at least 3 rhythmical breaths.
  8. Swim 25 meters, choice of stroke is optional.
  9. Perform a 'shout and signal' rescue.
  10. Perform a surface dive.
  11. Exit the water without using steps.
  12. Introduction into diving
- (12 outcomes)

### Stage 7

By the end of this stage participants will be able to:

1. Swim 50 meters backstroke.
2. Swim 50 meters front crawl.
3. Swim 50 meters breaststroke.
4. Swim 50 meters 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 - head first, feet first
  - Rotation - forward/backward somersault, log roll

- Floating - star on the front/on the back, tuck float, create own
  - Egg beater - moving, lifting one or both arms out of the water linking skills with strokes and sculls
6. Perform a sitting dive.
  7. Swim 50 meters continuously using one stroke.
  8. Swim 200 meters, using a minimum of 3 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.  
(10 outcomes)

### Stage 8

By the end of this stage participants will be able to:

1. Complete a set lasting 400m (e.g. 16 x 25m) on a specific turnaround time set by the coach  
Assessment test sets will be devised and published by the coach.
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.  
(10 outcomes)

At this stage participants should aim to:

- A. Complete the preliminary competitive start award at the earliest available opportunity.
- B. Regular attendance.
- C. Completing each training session with enthusiasm and to the best of their ability.

### Stage 9

By the end of this stage participants will be able to:

1. Complete a set lasting 800m (e.g. 16x50m; 8x100m;4x200m) on a specific turnaround time set by the coach.  
Assessment test sets will be devised and published by the coach.
2. Swim 800m continuously choosing one stroke.
3. Swim a continuous 100m I.M. using legal turns.
4. Perform a 15m underwater kick on front in a streamline position.

5. Perform a backstroke start then butterfly kick in a streamline 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 streamline position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m.
7. Perform a butterfly start, kick in a streamline position underwater until a minimum of 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m
8. Perform a breaststroke start, perform a 1½ pull underwater, transfer into stroke and complete the remainder of the 25m.

(8 outcomes)

#### Stage 10

By the end of this stage participants will be able to:

1. Complete a set lasting 1600m (e.g. 16x100m; 8x200m;4x400m) on a specific turnaround time set by the coach. Assessment test sets will be devised and published by the coach.
2. Swim 1500m continuously choosing one stroke.
3. Perform a continuous 100m I.M. kick without using a kick board.
4. Swim a continuous 200 I.M. using legal turns.
5. Perform a 15m underwater butterfly kick on back or front in a 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.

(7 outcomes)

At this stage participants should aim to:

- A. Complete the competitive start award at the earliest available opportunity.
- B. Regular attendance.
- C. Completing each training session with enthusiasm and to the best of their ability.

#### Important notes

1. The criteria set out in all the levels below (1-10) is a minimum standard and needs to be repeated several times before consideration of moving up to the next level.
2. Assessments are on a continuous basis and not on one particular night.