

### Stage Descriptions:

If you are unsure which stage your child is, please use the descriptions below for guidance. If you answer no to any of the questions, they would be in that stage. If you answer yes to all the questions, please refer to the next stage which is in the next box down.

| Stage   | Is your child able to demonstrate the following skills in the water?   |                             |
|---------|--|-----------------------------|
| Stage 1 | <ol style="list-style-type: none"> <li>1. Enter the water safely</li> <li>2. Move forward for 5 metres, feet may be on or off the floor</li> <li>3. Move backwards for 5 metres, feet may be on or off the floor</li> <li>4. Move sideways for 5 metres, feet may be on or off the floor</li> <li>5. Scoop the water &amp; wash the face</li> <li>6. Be comfortable with water being showered from overhead</li> <li>7. Move from a flat floating position on the back &amp; return to standing</li> <li>8. Move from a flat floating position on the front &amp; return to standing</li> <li>9. Push &amp; glide in a flat position on the front from the wall</li> <li>10. Push &amp; glide in a flat position on the back from the wall</li> <li>11. Give examples of two pool rules</li> <li>12. Exit the water safely</li> </ol>      | No: Stage 1<br>Yes: Stage 2 |
| Stage 2 | <ol style="list-style-type: none"> <li>1. Jump in from poolside safely</li> <li>2. Blow bubbles a minimum of 3 times with nose &amp; mouth submerged</li> <li>3. Move from a flat floating position on the back &amp; return to standing</li> <li>4. Move from a flat floating position on the front &amp; return to standing</li> <li>5. Push from the wall &amp; glide on the back – arms above head or by sides</li> <li>6. Push from the wall &amp; glide on the front with arms extended</li> <li>7. Travel on back using a recognised leg action for 5 metres (no floats)</li> <li>8. Travel on front using a recognised leg action for 5 metres (no floats)</li> <li>9. Perform a tuck then rotate to a flat floating position</li> </ol>   | No: Stage 2<br>Yes: Stage 3 |
| Stage 3 | <ol style="list-style-type: none"> <li>1. Jump in from the poolside &amp; submerge</li> <li>2. Sink, push away from the wall &amp; maintain a streamlined position</li> <li>3. Push &amp; glide on the front with arms extended &amp; log roll onto the back</li> <li>4. Push &amp; glide on the back with arms extended &amp; log roll onto the front</li> <li>5. Travel for 5 metres on the front, perform a tuck to rotate.....</li> <li>6. Fully submerge to pick up an object</li> <li>7. Identify key 'Water Safety' skills (stop &amp; think, stay together, float, 999)</li> <li>8. Push &amp; glide &amp; travel 10 metres on the back</li> <li>9. Push &amp; glide &amp; travel 10 metres on the front</li> <li>10. Perform a tuck float &amp; hold for 3 seconds</li> <li>11. Exit the water without using the steps</li> </ol> | No: Stage 3<br>Yes: Stage 4 |
| Stage 4 | <ol style="list-style-type: none"> <li>1. Perform sequence of changing shapes (minimum of 3) whilst floating</li> <li>2. Push &amp; glide from the wall towards the pool floor</li> <li>3. Kick 10 metres backstroke (one float optional)</li> <li>4. Kick 10 metres front crawl (one float optional)</li> <li>5. Kick 10 metres butterfly on the front or on the back</li> <li>6. Kick 10 metres breaststroke on the front (one float optional)</li> <li>7. Perform a headfirst sculling action for 5 metres, flat on the back</li> <li>8. Travel on the back &amp; log roll onto front in one continuous movement</li> </ol>   | No: Stage 4<br>Yes: Stage 5 |

|  |  |                             |
|--|--|-----------------------------|
|  | 9. Travel on front & log roll onto back in one continuous movement<br>10. Push & glide & swim 10 metres, choice of stroke  |                             |
| Stage 5  | 1. Perform a flat stationary scull on the back<br>2. Perform a feet first sculling action for 5 metres, flat on back<br>3. Perform a sculling sequence with a partner for 30-45 seconds (rotate)<br>4. Tread water for 30 seconds<br>5. Perform 3 different shaped jumps into the water<br>6. Push & glide & swim 10 metres backstroke (Swim England standard)<br>7. Push & glide & swim 10 metres front crawl (Swim England standard)<br>8. Push & glide & swim 10 metres breaststroke (Swim England standard)<br>9. Push & glide & swim 10 metres butterfly (Swim England standard)<br>10. Perform a handstand & hold for a minimum of 3 seconds<br>11. Perform a forward somersault<br>12. Demonstrate an action for getting help | No: Stage 5<br>Yes: Stage 6 |
| Stage 6  | 1. Give two examples of how to prepare for exercise & importance of it<br>2. Sink, push off from wall, glide, kick & rotate into backstroke<br>3. Sink, push off from wall, glide, kick & rotate into front crawl<br>4. Swim 10 metres wearing clothes<br>5. Push & glide & swim front crawl to include 6 rhythmical breaths<br>6. Push & glide & swim breaststroke to include 6 rhythmical breaths<br>7. Push & glide & swim butterfly to include 3 rhythmical breaths<br>8. Push & glide & swim backstroke to include 6 regular breaths<br>9. Push & glide & swim 25 metres, choice of stroke<br>10. Perform a 'shout & signal' rescue<br>11. Perform a surface dive - <b>UNABLE TO DUE TO POOL DEPTH (1.2)</b>                    | No: Stage 6<br>Yes: Stage 7 |
| Stage 7  | 1. Push & glide & swim 25 metres backstroke (Swim England standard)<br>2. Push & glide & swim 25 metres front crawl (Swim England standard)<br>3. Push & glide & swim 25 metres breaststroke (Swim England standard)<br>4. Push & glide & swim 25 metres butterfly (Swim England standard)<br>5. Perform a movement sequence (linking skills with strokes & sculls)<br>6. Perform a sitting dive or dive - <b>UNABLE TO DUE TO POOL DEPTH (1.2)</b><br>7. Push & glide & swim 50 metres continuously (Swim England standard)<br>8. Push & glide & swim 100 metres, minimum of 3 strokes<br>9. Tread water using eggbeater action for 30 seconds<br>10. Complete an obstacle course (minimum of 4 objects)                            | No: Stage 7                 |
| Congratulations, you have completed the Swim England 'Learn to Swim' Stages! |  |                             |