

Swim England
Learn to Swim Framework

Stage 1

Class Register/Achievement Record



TERM

DATE

TIME

TEACHER:

✓ If achieved, but not consistently.

Sign if consistently performed.

Participants Name	Attendance										Outcomes												Awards (Dates Achieved)	
	Puffin		Stage 1																					
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Stage 1

Swim England
Learn to Swim Framework

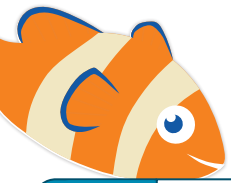


Learn to Swim Framework Register Outcomes - Stage 1

By completing this Award, with or without floatation equipment or support, the participant will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.

Notes:



Class Register/Achievement Record

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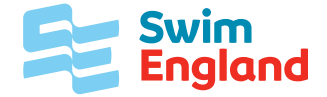
TEACHER:

✓ If achieved, but not consistently. *Sign* if consistently performed.

Participants Name	Attendance										Outcomes													Awards (Dates Achieved)			
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Stage 2

Swim England
Learn to Swim Framework



Learn to Swim Framework Register Outcomes - Stage 2

By completing this Award, with or without floatation equipment or support, the participant will be able to:

1. Jump in from poolside safely to a minimum depth of 1.0 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back – arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres , without the use of floatation equipment.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres , without the use of floatation equipment.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.

Notes:



Stage 3

Class Register/Achievement Record

✓ If achieved, but not consistently.

Sign if consistently performed.

Participants Name	Attendance										Outcomes											Awards (Dates Achieved)	
	Rainbow 10m		Stage 3																				
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Stage 3

Swim England
Learn to Swim Framework

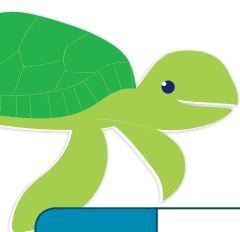


Learn to Swim Framework Register Outcomes - Stage 3

By completing this Award, without floatation equipment or support, the participant will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Answer correctly three questions on the Water Safety Code.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.

Notes:



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Participants Name	Attendance										Outcomes										Awards (Dates Achieved)					
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Preliminary Safety Skills Awards - Outcomes

By completing this Award, without floatation equipment, participants will be able to:

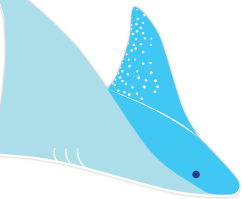
1. Enter water with a swivel entry, walk five metres away from the side, turn through 180° and return to the side.
2. Jump into shoulder depth water, turn to hold the side, travel hand over hand to the steps and climb out.
3. Enter the water of a least full reach depth with a swivel entry and hold the side; remove both hands from the side and rotate through 360°, hold the side and exit the water.
4. Enter water of at least full reach depth with a swivel entry; hold the side with one hand and tread water for 10seconds; exit the water.
5. Travel five metres on the front; rotate onto the back and kick five metres to the side.
6. Travel five metres away from the side and without touching the bottom show a vertical position for three seconds before travelling back to the side
7. In shoulder depth water and without touching the side fully submerge the head showing confidence and control.

Learn to Swim Framework Register Outcomes - Stage 4

By completing this Award, without floatation equipment or support, the participant will be able to:

1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.

Notes:



Class Register/Achievement Record

TERM

DATE

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TEACHER:

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Sign if consistently performed.

Participants Name	Attendance										Outcomes												Awards (Dates Achieved)				
																							10m FC	10m BA	10m BR	10m BU	Stage 5
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Stage 5

Swim England
Learn to Swim Framework



Learn to Swim Framework Register Outcomes - Stage 5

By completing this Award, the participant will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position 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 three different shaped jumps into deep water.
6. Push and glide and swim 10 metres backstroke*.
7. Push and glide and swim 10 metres front crawl*.
8. Push and glide and swim 10 metres breaststroke*.
9. Push and glide and swim 10 metres butterfly*.
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.

*(performed to Swim England expected standards)

Notes:



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Participants Name	Attendance										Outcomes											Awards (Dates Achieved)		
																						Rainbow 25m	Personal Survival 1	Stage 6
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Personal Survival 1 Award - Outcomes

By completing this Award, learners should be able to, in clothing and in order listed without pause:

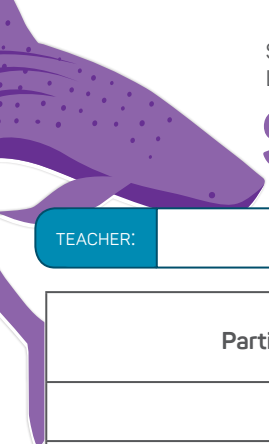
1. Enter water of at least full reach depth from the side of the pool by sliding in from a sitting position.
2. Tread water for two minutes.
3. Swim 25 metres to a floating object.
4. Take up and hold the 'H.E.L.P.' position for five minutes in water of at least full reach depth.
5. Swim 50 metres retaining the floating object.
6. Climb out from water of at least full reach depth without using the steps or rail or any other assistance.
7. Answer three questions on when the skills learned might be used.

Learn to Swim Framework Register Outcomes - Stage 6

By completing this Award, the participant will be able to:

1. Give two examples of how to prepare for exercise and understand why it is important.
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 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.
8. Push and glide and swim backstroke to include at least six regular breaths.
9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).
10. Perform a 'shout and signal' rescue.
11. Perform a surface dive.

Notes:



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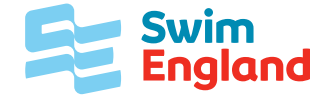
TEACHER:

✓ If achieved, but not consistently. *Sign* if consistently performed.

Participants Name	Attendance										Outcomes										Awards (Dates Achieved)				
																					50m	100m	25m FC	25m BS	Stage 7
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	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10					

Stage 7

Swim England
Learn to Swim Framework



Learn to Swim Framework Register Outcomes - Stage 7

By completing this Award, the participant will be able to:

1. Push and glide and swim 25 metres backstroke*.
2. Push and glide and swim 25 metres front crawl*.
3. Push and glide and swim 25 metres breaststroke*.
4. Push and glide and swim 25 metres butterfly*.
5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:
 - Sculling: head first, feet first.
 - Rotation: forward or backward somersault, log roll.
 - Floating: star on the front or on the back, tuck float, create own.
 - Egg beater: moving, lifting one or both arms out of the water
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke*.
8. Push and glide and swim 100 metres, using a minimum of three different strokes*.
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.

*(performed to Swim England expected standards)

Notes: