





Stage 1

In Stage 1 of the ASA Learn to Swim Framework your pupil will develop basic movement skills, water confidence and safety awareness. Swimmers are able to use aids e.g. arm bands and floats to help complete this stage.

Outcomes

By the end of Stage 1 of the ASA Learn to Swim Framework your pupils should have reached the following 13 outcomes. Swimmers can complete these outcomes with or without aids, equipment or support:

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

Stage 2

During Stage 2 swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water. Remember swimmers can still use aids e.g. arm bands and floats to help complete this stage.

Outcomes

By the end of Stage 2 of the ASA Learn to Swim Framework, your pupils should have reached the following 10 outcomes. Swimmers can complete outcomes with or without aids, equipment or support:

1. Jump in from poolside safely
2. Blow bubbles a minimum of three times rhythmically with nose and mouth submerged
3. Regain upright position from the back without support
4. Regain an upright position from the front without support
5. Push from wall and glide on the back
6. Push from wall and glide on the front
7. Travel on the back for 5 metres, aids or equipment may be used
8. Travel on the front for 5 metres, aids or equipment may be used
9. Perform a rotation from the front to the back to gain an upright position
10. Perform a rotation from the back to the front to gain an upright position



Stage 3

Stage 3, pupils will work towards being able to swim 10m on their front and back and will be able to swim underwater to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed.

Outcomes

By the end of Stage 3 of the British Gas ASA Learn to Swim Framework, pupils should have reached the following nine outcomes:

1. Jump in from poolside and submerge (min depth 0.9m)
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 onto the back
4. Push and glide on the back with arms extended and log roll onto the front
5. Travel on the front, tuck to rotate around the horizontal axis to return on the back.
6. Fully submerge to pick up an object
7. Answer correctly three questions on the Water Safety Code
8. Travel 10 metres on the back
9. Travel 10 metres on the front

Stage 4

In Stage 4 of the ASA Learn to Swim Framework, swimmers will focus on refining kicking techniques for all four strokes and develop a better understanding of buoyancy.

Outcomes

By the end of Stage 4 of the British Gas ASA Learn to Swim Framework, your pupils should have reached the following 13 outcomes. Swimmers should complete these outcomes without support:

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of three) whilst floating at the surface
4. Push and glide from the wall to the pool floor
5. Kick 10 metres backstroke (one item of equipment optional)
6. Kick 10 metres front crawl (one item of equipment optional)
7. Kick 10 metres butterfly on the front or on the back
8. Kick 10 metres breaststroke on the back (equipment optional)
9. Kick 10 metres breaststroke on the front (equipment optional)
10. Perform on the back a head first sculling action for 5 metres in a horizontal position
11. Travel on back and roll in one continuous movement onto front
12. Travel on front and roll in one continuous movement onto back
13. Swim 10 metres, choice of stroke is optional



Stage 5

In Stage 5 of the ASA Learn to Swim Framework, your swimmers will focus on swimming all four strokes to the ASA expected standards. Swimmers will also develop skills in sculling, treading water and complete rotation.

Outcomes

By the end of Stage 5 of the ASA Learn to Swim Framework, your pupils should have reached 12 outcomes. Swimmers should complete these outcomes without support:

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for 5 metres 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 three different shaped jumps into deep water
6. Swim 10 metres backstroke (refer to the ASA expected stroke standards sheet)
7. Swim 10 metres front crawl face in the water (refer to the ASA expected stroke standards sheet)
8. Swim 10 metres breaststroke (refer to the ASA expected stroke standards sheet)
9. Swim 10 metres butterfly (refer to the ASA expected stroke standards sheet)
10. Perform a handstand and hold for a minimum of three seconds
11. Perform a forward somersault, tucked, in the water
12. Demonstrate an action for getting help

Stage 6

During Stage 6 of the ASA Learn to Swim Framework, your pupils will focus on developing effective swimming skills including co-ordinated breathing, water safety and an understanding of how to prepare for exercise.

Outcomes

By the end of Stage 6 of the ASA Learn to Swim Framework, your pupils should have reached 11 outcomes. Swimmers should complete these outcomes without support:

1. Demonstrate an understanding of 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 metres wearing clothes
5. Swim front crawl to include at least six rhythmical breaths (refer to the ASA expected stroke standards sheet)
6. Swim breaststroke to include at least six rhythmical breaths (refer to the ASA expected stroke standards sheet)
7. Swim butterfly to include at least three rhythmical breaths (refer to the ASA expected stroke standards sheet)
8. Swim 25 metres, choice of stroke • is optional (refer to the ASA expected stroke standards sheet)
9. Perform a 'shout and signal' rescue
10. Perform a surface dive**
11. Exit the water without using steps



Stage 7

During Stage 7 of the ASA Learn to Swim Framework, your swimmers will develop quality stroke technique whilst swimming up to 100m.

Outcomes

By the end of Stage 7 of the ASA Learn to Swim Framework, your pupils should have reached 10 outcomes. Swimmers should complete these outcomes without support:

1. Swim 25 metres backstroke (refer to the ASA expected stroke standards sheet)
2. Swim 25 metres front crawl (refer to the ASA expected stroke standards sheet)
3. Swim 25 metres breaststroke (refer to the ASA expected stroke standards sheet)
4. Swim 25 metres butterfly (refer to the ASA expected stroke standards sheet)
5. Perform a movement sequence of 1 minute duration, in a group of three 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
 - Eggbeater: moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. 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



Competitive Swimming

Once a swimmer has reached Level 7 of the Learn to Swim Framework it is recommended that they are then encouraged to take part in different aquatic disciplines to develop their fundamental sports skills. Read on to learn more.

Stage 8

Outcomes

By the end of Stage 8 (Competitive Swimming) of the Learn to Swim Framework, pupils should have reached 10 outcomes relating to turns:

1. Complete a set lasting 400m (e.g. 16 x 25m) on a specific turn around time set by the coach (e.g. 1min for each 25m)
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 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

Stage 9

Outcomes

By the end of Stage 9 (Competitive Swimming) of the Learn to Swim Framework, pupils should have reached 8 outcomes relating to starts:

1. Complete a set lasting 800m (either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach e.g. 1.30min for 50m; 2.45min for 100m; 6.00min for 200m
2. Swim 800m continuously using one stroke
3. Swim a continuous 100m Individual Medley using legal turns
4. Perform a 15m underwater kick on front in a streamlined position
5. Perform a backstroke start then butterfly kick in a streamlined 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 streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
7. Perform a butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m
8. Perform a breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25m

National Plan for Teaching Swimming



Stage 10

Outcomes

By the end of Stage 10 (Competitive Swimming) of the Learn to Swim Framework, powered by British Gas, your pupils should have reached 7 outcomes relating to relay takeovers:

1. Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turn around set by the coach (e.g. 2.30min for 100m; 5.30min for 200m; 12min for 400m)
2. Swim 1500m continuously using one stroke
3. Perform a continuous 100m Individual Medley kick without using a kick board
4. Swim a continuous 200m Individual Medley using legal turns
5. Perform a 15m under water 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



Water Polo

Once a swimmer has reached Level 7 of the ASA Learn to Swim Programme, it is recommended that they are then encouraged to take part in different aquatic disciplines.

Stage 8

Outcomes

By the end of Stage 8 (Water Polo) of the ASA Learn to Swim Programme, pupils should have reached 8 outcomes:

1. Swim 10m front crawl with face in the water and then 10m with head up
2. Swim 10m head up front crawl, controlling a ball in front
3. Stay vertical and static for 45 seconds using eggbeater kick
4. Swim 10m demonstrating Water Polo backstroke
5. Move 5m forwards, 5m backwards, 5m left and 5m right and return to the starting point, using eggbeater kick and staying vertical, keeping finger tips out of the water
6. Pick up the ball from underneath the surface with alternate hands, and lift above head. Repeat six times
7. Pass a ball accurately with a partner, using one hand to throw and two hands to catch over a 2m distance. Each player to pass 10 times
8. Play a mini-polo! game with at least three vs. three, and demonstrate skills learnt from Stage 8

Stage 9

Outcomes

By the end of Stage 9 (Water Polo) of the ASA Learn to Swim Programme, pupils should have reached 7 outcomes:

1. Swim 20m showing:
 - a. Three strokes head up front crawl
 - b. Three strokes Water Polo backstroke in a continuous action
2. Use eggbeater kick and sculling to stay horizontal/flat on the surface staying static for 30 seconds
 - a. Demonstrate ability to be as high as possible out of the water
 - b. Demonstrate an ability to move off in any direction as quickly as possible
3. Move 5m forwards, 5m backwards, 5m left and 5m right and return to the starting point, using eggbeater kick and staying vertical keeping finger tips out of the water
 - a. Ability to show good leg kick maintaining a good body position in different directions
4. Pick up the ball from underneath the surface with alternate hands, and lift above head. Repeat 10 times
5. Pass and catch a ball accurately with a partner, over a 3m distance, 10 times each, using only one hand
 - a. Ability to show good ball control maintaining strong body position
6. Pick up a ball, shoot at a target from a 2m distance and repeat five times. The target may be a kick board, plastic bottles, etc.
7. Play an advanced mini-polo! game with at least five vs. five using skills from Framework Stages 8-9 showing good technique throughout
 - a. Show a basic awareness of game play



Stage 10

Outcomes

By the end of Stage 10 (Water Polo) of the ASA Learn to Swim Programme pupils should have reached 9 outcomes:

1. Swim 20m head up front crawl with the ball
2. Perform 10 x static pick-up rotations with the ball using alternate hands
 - a. Ability to show good ball control maintaining strong body position
3. Swim 20m head up front crawl, turn at 10m without using a wall/floor and return to starting point
 - a. Ability to turn and change direction quickly
4. Swim 20m head up front crawl, change into vertical, static, eggbeater hold for 5 seconds, repeat six times
 - a. Ability to change from horizontal to vertical
5. Move 5m forwards, 5m backwards, 5m left and 5m right and return to the starting point, using eggbeater kick and staying vertical keeping elbows out of the water
 - a. Ability to show good leg kick maintaining a good body position in different directions
6. Use eggbeater kick and sculling to stay horizontal/flat on the surface and then move 10m forwards.
 - a. Demonstrate ability to be as high as possible above surface of the water
 - b. An ability to move off in any direction as quickly as possible
7. Pass and catch a ball accurately with a partner over a 3m distance, using one hand 10 times then the other hand 10 times.
 - a. Ability to show good ball control maintaining strong body position
8. Pick up a ball, shoot at a target from a 3m distance, repeat five times. The target may be a kick board or plastic bottles, etc
 - a. Ability to co-ordinate sequence of skills to produce an effective shot
9. Play a Water Polo game, duration 4 x 5mins, incorporating skills from the Framework, Stages 8-10 showing good technique throughout.