



ST EDWARD'S PREP
A WISHFORD SCHOOL

SWIMMING LEVELS

OUR PHILOSOPHY

We aim to deliver a programme that is simple, practical and fun with learning broken down into manageable stages for clear understanding and progression. These steps are very important, especially when combined with feedback and encouragement. Our new levels allow the children to explore, discover and promote continuous progress. We hope to equip the children with the necessary skills for a lifelong involvement in swimming and related activities, whilst also allowing pupils to develop at their own pace.





Water Confidence / Safety Skills:

Enter the water safely.
Splash feet at water's surface while supported by wall/woggle/adult and then return to a standing position.
Walk forwards, backwards and sideways through the water unaided for five metres.
Blow a small object across the pool.
Blow bubbles into the water with face submerged.
Use front paddle action to move a ball across the pool.
Exit pool safely.
Show an understanding of poolside safety/answer a question on poolside safety rules.

Who is this level for?

This level is initially for swimmers who are new to swimming or are inexperienced in some or all of the basic skills. It should be noted that notwithstanding inexperience, swimmers at this level will often be able to get straight into the water and 'have a go' at doing things, even though their competence and experience is limited.

Where will they swim?

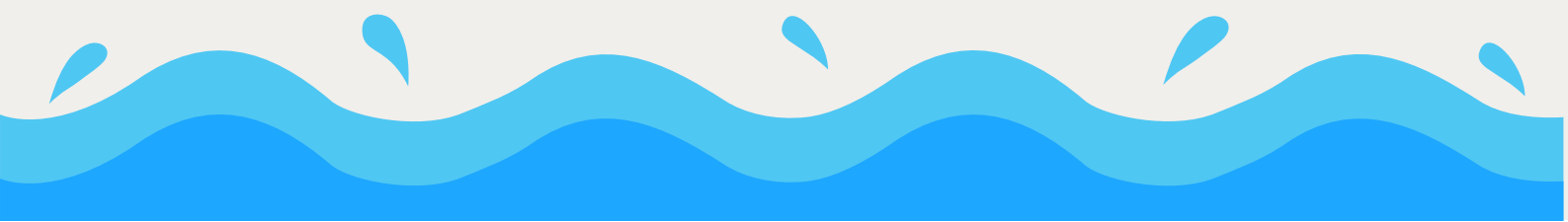
Shallow water.

How long will swimmers spend at this level?

A swimmer will leave this level when they can achieve seven of the eight Key Learning Targets needed to move up to Level 1. It is anticipated that a swimmer will normally spend one term at this level, though obviously some swimmers may take longer to achieve the Key Learning Targets for the next level.

How does my child progress to the next level?

On achieving the above key learning targets swimmers will progress to Level 1 - Beginner.





Level 1

Beginner	Intermediate	Advanced
Enter the water independently from the poolside.	Enter the water from poolside, move forward one metre, then return and exit the pool unassisted.	Answer two questions on poolside rules.
Push and glide on the front (with or without support).	Swim three metres of front paddle or back paddle, with or without support.	Push off on the back and kick with a simultaneous leg action for five metres using a woggle or float.
Perform a star floating position on front or back.	Bob up and down, submerging the face four times, exhaling underwater.	Show treading water action with legs on woggle - (seahorses).
Roll from front to back, looking at the ceiling.	Hold three different types of floating positions, each for three seconds.	Retrieve an object from bottom of pool.
Exit water independently using steps.	Jump or step into the water from poolside with hand support from a swimming teacher or assistant.	Demonstrate front and back crawl arm action.

Who is this level for?

This level is initially for swimmers who are new to swimming or are inexperienced in some or all of the basic skills. It should be noted that notwithstanding inexperience, swimmers at this level will often be able to get straight into the water and 'have a go' at doing things, even though their competence and experience is limited.

Where will they swim?

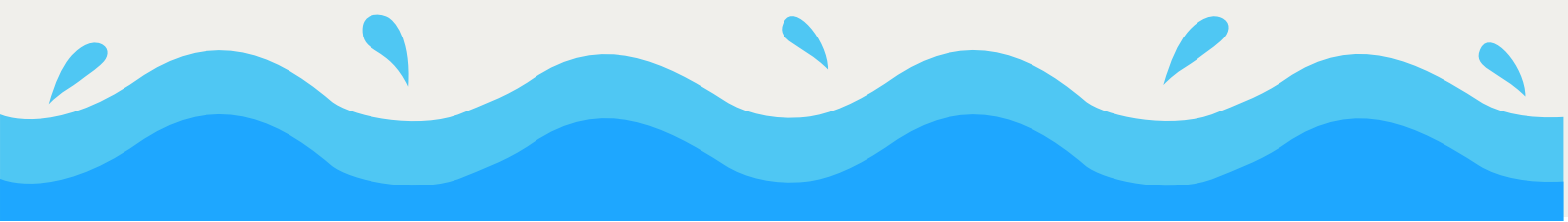
Initially probably in the shallow, but moving deeper as progress and confidence is met. Remember; water of one metre depth is almost infinitely deep to a child of 0.9 metres in height.

How long will swimmers spend at this level?

A swimmer will leave this level when they can achieve four of the five Key Learning Targets needed to move up to Level 2 (after completing Level 1 Advanced). It is anticipated that a swimmer will normally spend one to two terms at this level, though obviously some swimmers may take longer to achieve the Key Learning Targets for the next level.

How does my child progress to the next level?

On achieving the above Key Learning Targets swimmers will progress to Level 2 - Beginner.





Level 2

Beginner	Intermediate	Advanced
Answer two water safety questions.	Enter water by jumping into deep water independently.	Answer three questions on poolside rules.
Push and glide on the back, arms by side, ears in water.	Hold the side of the pool and push off on the side under water.	Complete a 360° turntable with feet off the pool floor.
Perform a star float while on the front and regain to feet.	Swim five metres front paddle with arms pulling and legs kicking.	Perform a star float, slowly change to a narrow float and return to a star float on either the front or back.
Travel under a woggle bridge and through a shower created by a watering can.	Swim five metres using a frog breaststroke type pull action of the arms and legs.	Swim five metres of front crawl with face-in and arms recovered over the water, with attempted side breathing.
Swim three metres on the front and two metres back paddle with a smooth transition in between (log roll).	Swim through a submerged hoop.	Swim five metres on the back without stopping, using continuous arm action.
Move through the water for a minimum of two metres on the back using an alternating leg action, ears in water and return to an upright/standing position.	Scull forwards, backwards or in a circle, using a woggle.	Swim through a submerged hoop and retrieve an object.
Perform a star float while on the back and regain to feet.	Exit water without use of steps.	Tread water for ten seconds.

Who is this level for?

This level is initially for swimmers who are new to swimming or are inexperienced in some or all of the basic skills. It should be noted that notwithstanding inexperience, swimmers at this level will often be able to get straight into the water and 'have a go' at doing things, even though their competence and experience is limited.

Where will they swim?

Initially probably in the shallow, but moving deeper as progress and confidence is met. Remember; water of one metre depth is almost infinitely deep to a child of 0.9 metres in height.

How long will swimmers spend at this level?

A swimmer will leave this level when they can achieve four of the five Key Learning Targets needed to move up to Level 2 (after completing Level 1 Advanced). It is anticipated that a swimmer will normally spend one to two terms at this level, though obviously some swimmers may take longer to achieve the Key Learning Targets for the next level.

Progress to next level

On achieving the above Key Learning Targets swimmers will progress to Level 2 - Beginner.





Level 3

Beginner	Intermediate	Advanced
Enter the water with a step or jump entry, turn around and swim back to poolside.	Perform a back float, tuck to a front float and return to a standing position.	Swim ten metres, holding a float under each arm, using lifesaving backstroke leg kick action.
Attempt breaststroke – may use a woggle for support.	Push and glide, and hold the streamlined position for five seconds.	Swim ten metres of back crawl.
Perform dolphin leg kick on the front or back for three metres.	Swim a recognisable breaststroke type pull for five metres.	Swim ten metres of a recognised front stroke, either front crawl or breaststroke.
Push and glide into either front crawl or breaststroke for five metres.	Show rhythmical breathing in front crawl for ten metres, using a woggle or float.	Perform a handstand with both hands on the pool floor.
Swim forward for three metres and then roll onto back, swim on the back for two metres and roll into a standing position (regaining feet).	Scull feet first, using a woggle for support.	Perform two different types of entries and tread water for 30 seconds each time.

Who is this level for?

This level is for swimmers who have already achieved the Key Learning Targets at Level 2. These swimmers will be able to get straight in the water and 'have a go' at doing things without undue anxiety or trouble, in shallow or deep, with or without muscles. The three main strokes will now be explored in more detail, as these swimmers possess the requisite skills and experience necessary to undertake such work.

Where will they swim?

A mix of deep and shallow water work is required at this level, working across the pool (multiples of widths).

How long will swimmers spend at this level?

A swimmer will leave this level when they can achieve four of the five Key Learning Targets needed to move up to Level 4 (after completing Level 3 Advanced). It is anticipated that a swimmer will normally spend one to two terms at this level, though obviously some swimmers may take longer to achieve the Key Learning Targets for the next level.

Progress to next level

On achieving the above Key Learning Targets, swimmers will progress to Level 4 – Beginner.





Level 4

Beginner	Intermediate	Advanced
Be rescued by a reaching aid/ demonstrate an action for getting help.	Be rescued by catching a buoyant aid.	Be rescued by catching a rope.
Perform a straddle entry and tread water for 30 seconds. If the water is too shallow, substitute step entry and support scull for 20 seconds.	Submerge, push and glide on the side, roll to a face down position.	Perform an underwater push and glide to pool floor.
Swim 15 metres of a recognised front stroke, either front crawl or breaststroke.	Swim 15 metres of a recognised front stroke with breathing predominantly to the side.	Swim five metres on the back using a double arm action and dolphin leg kick action.
Swim ten metres of back crawl incorporating the appropriate start, turns and finish.	Swim 15 metres of back crawl without stopping, using continuous arm action.	Perform a backwards somersault.
Swim ten metres on the front/back, using dolphin leg kick action.	Swim fully submerged for three metres.	Scull feet first for ten metres.

Who is this level for?

This level is for swimmers who have already achieved the Key Learning Targets identified at Level 3. These swimmers are confident and growing in competence.

Where will they swim?

Deep, usually, though shallow water may be desirable when learning/consolidating some of the more challenging or complex skills.

How long will swimmers spend at this level?

A swimmer will leave this level when they can achieve four of the five Key Learning Targets needed to move up to Level 5 (after completing Level 4 Advanced). It is anticipated that a swimmer will normally spend one to two terms at this level, though obviously some swimmers may take longer to achieve the Key Learning Targets for the next level.

Progress to next level

On achieving the above Key Learning Targets swimmers will progress to Level 5 - Beginner.





Level 5

Beginner	Intermediate	Advanced
Perform a shout and signal rescue.	Swim fully submerged for five metres.	Perform a head-first and feet-first surface dive.
Perform a horizontal float on the back and hold for five seconds, roll on to the front, hold for five seconds, roll to the original back float position and hold for five seconds.	Swim 25 metres of a recognised front stroke, using simultaneous arms and legs.	Throw a buoyant aid three metres to a target point in the pool.
Swim 15 metres on the front, using dolphin leg kick, without aids.	Swim 20 metres of back crawl, using 'broken', or intermittent arm pull.	Swim 50 metres of recognised front stroke, incorporating a correct finish without stopping.
Swim 15 metres on back, using dolphin leg kick, without aids.	Push and glide into a forward somersault.	Swim 35 metres of back crawl using correct technique.
Scull head first for five metres and feet first for five metres.	Perform a straddle entry and tread water for one minute while wearing a t-shirt. Remove the t-shirt and climb out unassisted.	Swim five metres of butterfly.

Who is this level for?

This level is for swimmers who have already achieved the Key Learning Targets identified at Level 4. Such swimmers will have achieved competence in all strokes, and will be happy, capable and willing to swim lengths continuously if required.

Where will they swim?

Deep and shallow, though shallow water may be desirable when learning/consolidating some of the more challenging or complex skills.

How long will swimmers spend at this level?

A swimmer will leave this level when they can achieve four of the five Key Learning Targets needed to move up to Level 6 (after completing Level 5 Advanced). It is anticipated that a swimmer will normally spend one to two terms at this level, though obviously some swimmers may take longer to achieve the Key Learning Targets for the next level.

Progress to next level

On achieving the above Key Learning Targets, swimmers will progress to Level 6.





Level 6 - Advanced+

Enter the water with a step-in entry, swim ten metres of a recognised stroke in a t-shirt and shorts, tread water for two minutes, swim ten metres of a recognised stroke, surface dive, swim three metres underwater, surface, climb out of the pool unassisted.

Swim 100 metres during which the learners perform three recognised strokes with a smooth transition.

Swim ten metres of butterfly.

Perform a competitive start for two separate strokes using two different stances that is legal for the depth of water available.

Swim 150 metres within five minutes, using a recognised competitive stroke.

Tread water for two minutes, one hand in air, then one minute both hands in air.

Who is this level for?

This level is for swimmers who have already achieved the Key Learning Targets identified at Level 5. Such swimmers are ready for the hard work required in order to achieve top-level stroke swimming.

Where will they swim?

Throughout the pool, most-often working on lengths.

How long will swimmers spend at this level?

On completion of this level your child's development does not have to stop and instead the Advanced Swimmer's series and Platinum Award through STA will be used and is aimed at developing a pupil's swimming technique, speed and stamina.

Progress to next level

International Learn to Swim Programme Awards - Swimmer's Series (Level 7) and Platinum Award (Level 8).

