

Ducklings 1

1. Wash face with water
2. Blow bubbles on surface of water
3. Blow an object for a distance of 2m
4. Kick on front using a woggle for 1m
5. Kick on back using a woggle for 1m
6. Show a floating position on back using a woggle

Ducklings 2

1. Submerge face confidently
2. Push an object with nose for a distance of 2m
3. Make a sitting entry into the pool with teacher support
4. With face in water kick 1m on front using a float
5. With back of head in water kick 1m on back using a float
6. Show a floating position on back using a float

Ducklings 3

1. Submerge head completely
2. Jump into pool safely with teacher support
3. With face in water kick 2m on front while holding a float with extended arms
4. With back of head in water kick 2m on back while holding a float over legs with extended arms
5. Show a streamlined position on front (with face in water)
6. Show a start float on back with teacher assistance (if required)

Ducklings 4

1. Submerge head completely and blow bubbles
2. Jump into pool safely
3. Kick 2m in a streamlined position on front (with face in water)
4. With hands by side kick on back for 2m
5. Swim frontcrawl for 1m+
6. Show a star float on back

Stage 1

1. Enter water safely	7. Move from a flat floating position on the back and return to standing
2. Swim Front Crawl for 5m	8. Move from a flat floating position on the front and return to standing
3. Swim Backstroke for 5m	9. Push and glide in a streamlined position on the front from a wall
4. Move sideways for a distance of 5m	10. Push and glide in a streamlined position on the back from a wall with hands by sides
5. Scoop the water and wash face	11. Give an example of 2 pool rules
6. Be at ease with water showered from overhead	12. Exit the water safely

Stage 2

1. Jump in from poolside safely	8. Swim Front Crawl for 10m
2. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged	9. Perform a tuck to rotate a flat position on the front, to a back floating position, then return to standing
3. Kick 10m Breaststroke on back (using aids if required)	10. Perform a tuck to rotate from a flat position on the back, to a front floating position, then return to standing
4. Kick 5m Butterfly on front (using aids if required)	11. Perform a log roll from the back to the front
5. Push from the wall and glide on the back in a streamlined position	12. Perform a log roll from the front to the back
6. Push from the wall and glide on the front in a streamlined position	13. Exit the water without support
7. Swim Backstroke for 10m	

Stage 3

1. Jump in from poolside and submerge (min depth 0.9)	8. Swim Backstroke for 10m (straight arm recovery & strong kick)
2. Sink, push away from wall and maintain a streamline position	9. Swim Front Crawl for 10m (breathing bilaterally to the side)
3. Push & glide on the front with arms extended and log roll onto the back	10. Perform a tuck float and hold for 3 seconds
4. Push & glide on the back with arms extended and log roll onto the front	11. Exit the water without using steps
5. Swim 5m on the front, perform a tuck to rotate onto back and return on the back	12. Kick 10m Breaststroke on back
6. Fully submerge to pick up an object	13. Kick 5m Butterfly on front with arms held to side
7. Answer correctly 3 questions on the water safety code	

Stage 4

1. Perform a sequence of changing shapes (minimum of 3) whilst floating on the surface and demonstrate an understanding of buoyancy	6. Kick 10m Breaststroke on the front - arms extended (1 float may be used)
2. Push & glide from the wall towards the pool floor	7. Perform a head first sculling action for 5m in a flat position on the back
3. Kick 10m Backstroke in a streamlined position	8. Swim on back and log roll in one continuous movement onto front
4. Kick 10m Front Crawl in a streamlined position	9. Swim on front and log roll in one continuous movement onto back
5. Kick 10m Butterfly either with arms held to side or in streamlined position	10. Push, glide and swim 10m of any stroke performed to Swim England expected standards*

*Refer to Swim England expected stroke standards sheets

Stage 5

1. Perform a flat stationary scull on the back	7. Push, glide and swim 10m Front Crawl performed to Swim England expected standards*
2. Perform a feet first sculling action for 5m in a flat position on the back	8. Push, glide and swim 10m Breaststroke performed to Swim England expected standards*
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation	9. Push, glide and swim 10m Butterfly performed to Swim England expected standards*
4. Tread water for 30 seconds**	10. Perform a handstand and hold for a minimum of 3 seconds
5. Perform 3 different shaped jumps into deep water**	11. Perform a forward somersault
6. Push, glide and swim 10m Backstroke performed to Swim England expected standards*	12. Demonstrate an action for getting help**

*Refer to Swim England expected stroke standards sheets

**Outcomes 4, 5 & 12 should be performed in deep water

Stage 6

1. Give two examples of how to prepare for exercise and understand why it is important	7. Swim 20m Butterfly performed to Swim England expected standards*
2. Sink, push off on side from the wall, glide, kick and rotate into Backstroke	8. Swim 20m Backstroke performed to Swim England expected standards*
3. Sink, push off on side from the wall, glide, kick and rotate into Frontcrawl	9. Push, glide and swim 25m, choice of stroke is optional performed to Swim England expected standards*
4. Swim 10m wearing clothes	10. Perform a 'shout and signal' rescue
5. Swim 20m Front Crawl performed to Swim England expected standards*	11. Perform a surface dive
6. Swim 20m Breaststroke performed to Swim England expected standards*	*Refer to Swim England expected stroke standards sheets

Stage 7

1. Push, glide and swim 25m Backstroke performed to Swim England expected standards*	6. Perform a sitting dive
2. Push, glide and swim 25m Front Crawl performed to Swim England expected standards*	7. Push, glide and swim 50m continuously using one stroke performed to Swim England expected standards*
3. Push, glide and swim 25m Breaststroke performed to Swim England expected standards*	8. Swim a 100m individual medley, showing 3 out of 4 strokes to Swim England expected standards*
4. Push, glide and swim 25m Butterfly performed to Swim England expected standards*	9. Tread water using egg beater action for 30 seconds
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more	10. Complete an obstacle course (using minimum of 4 objects) with feet off the pool floor throughout

*Refer to Swim England expected stroke standards sheets