

learn to SWIM wales

The logo for 'Learn to Swim Wales' features the words 'learn', 'to SWIM', and 'wales' stacked vertically. 'learn' and 'to SWIM' are in a red, serif font, while 'wales' is in a green, serif font. A blue splash graphic is positioned to the right of 'learn', and a green arrow points downwards from the bottom of 'wales'.

Learn to Swim Wales

Wave 1 - 8

ASSESSMENT OUTCOMES

Wave 1

Aims

1. Develop confidence in the water
2. Be safe while in the water, and when getting in and out of the pool
3. Learn basic floating, sculling and breathing techniques
4. Start to learn frontcrawl, backstroke and either breaststroke or butterfly, with aids if needed



Outcomes

No.	Summary	Description
1	Learn the pool rules	Answer correctly 3 questions on pool rules.
2	Get into, and out of, the pool safely	Use various methods to get into the pool without help: backwards down the steps; sit and swivel from poolside; wade-in via the beach area. Use various methods to get out of the pool without help: climb up the steps; wade-out via the beach area.
3	Splash water over face	Scoop and splash water onto the face and allow water to be showered over the head, displaying confidence throughout both with and without goggles.
4	Float on front, with aids if needed	Float on the front for at least 10 seconds with assistance or swimming aids and move from the front to a standing position in the water.
5	Float on back, with aids if needed	Float on the back for up to 10 seconds with assistance or swimming aids and move from the back to a standing position in the water.
6	Push and glide on the front	On the front, push off from the wall with face in the water and hold a glide position.
7	Swim frontcrawl for 5 metres, with aids if needed	Swim on the front for 5 metres, with swimming aids if needed, using frontcrawl arm action (an alternating action) and kicking the legs.
8	Swim breaststroke or butterfly for 5 metres, with aids if needed	Swim on the front for 5 metres, with swimming aids if needed, using breaststroke or butterfly arm action and leg kick (simultaneous actions). Both strokes should be taught by the instructor.
9	Swim backstroke for 5 metres, with aids if needed	Swim on the back for 5 metres, with swimming aids if needed, using backstroke arm action and kicking the legs.
10	Scull in a vertical position, with aids if needed	Floating vertically or standing in the water, with hands in front of the body, demonstrate a sculling action with the hands at an angle of tilt no greater than 30°, little finger leads out, thumb leads in.
11	Play a teacher-led game in the pool	Join in a water-based game, organised by the teacher.

Wave 2

Aims

1. Be able to jump into the pool without goggles
2. Improve sculling, floating and breathing techniques
3. Glide in the streamlined position
4. Swim short distances of frontcrawl, backstroke and either breaststroke or butterfly, without aids



Outcomes

No.	Summary	Description
1	Without goggles jump into the water (at least 1 metre deep) and exit the water safely	Jump into the water from poolside without wearing goggles, return to the side of the pool and get out of the pool without assistance.
2	Float on the front	Float on the front without assistance or swimming aids. Move from the front to a standing position in the water.
3	Float on the back	Float on the back without assistance or swimming aids. Move from the back to a standing position in the water.
4	Kick for 5 metres, face in water, blowing bubbles 4 times	Using a swimming aid and kicking, put the face in the water and blow bubbles 4 times while moving 5 metres.
5	Push and glide on the front with arms extended and face in the water	On the front, push off from the wall with face in the water and glide in a streamlined body position with arms extended out in front.
6	Push and glide on the back	On the back, push off from the wall and hold a glide position.
7	Swim 5 metres frontcrawl	Swim on the front for 5 metres, without swimming aids, using an alternating (frontcrawl) arm and leg action.
8	Swim 5 metres backstroke	Swim on the back for 5 metres, without swimming aids, using backstroke arm and leg action.
9	Swim 5 metres breaststroke or butterfly	Swim on the front for 5 metres, without swimming aids, using a simultaneous (breaststroke or butterfly) arm and leg action. Both strokes should be taught by the instructor.
10	Perform a 360° roll	From floating on the back, rotate to floating on the front and then return to floating on the back in one motion, completing a 360° roll, either as a log roll or a horizontal roll.
11	Scull head first, on the back, for 5 metres, with aids if needed	Lie on the back with arms down by the sides and use the hands (not arms) to move head first for 5 metres. Use swimming aids, if needed.

Wave 3

Aims

1. Collect an object from the pool floor
2. Improve sculling and floating
3. Learn how to tread water
4. Learn the key water safety messages
5. Swim short distances of all four strokes: frontcrawl, backstroke, breaststroke and butterfly, without



Outcomes

No.	Summary	Description
1	Without goggles, jump into the water, collect object from pool floor and get out of the pool	Without wearing goggles, jump into the water (at least 0.9m deep) from poolside. Go underwater to collect a weighted object from the pool floor, then come back up and return to the side of the pool. Get out of the water without assistance.
2	Push and glide on the front, log roll onto back	With arms extended out in front, push from the wall on the front in a streamlined position for 5 seconds. Log roll onto the back and hold this position for another 5 seconds.
3	Swim 10 metres frontcrawl	Swim 10m frontcrawl with a continuous over water arm recovery, kicking the legs and breathing to the side.
4	Swim 10 metres backstroke	Swim 10m backstroke with a continuous over water arm recovery.
5	Swim 5 metres breaststroke	Swim 5m recognisable breaststroke.
6	Swim 5 metres butterfly	Swim 5m recognisable butterfly.
7	Swim 5 metres on the front, tuck and rotate, then swim 5 metres on the back	Push and glide from the wall on the front, swim 5m on the front. Tuck and rotate onto the back and swim 5m back to the wall.
8	Scull feet first on the back for 5 metres	Lie on the back with arms down by the sides and use the hands (not arms) to move feet first for 5m. Use swimming aids if needed.
9	Tread water for 15 seconds	Tread water for 15 seconds using hands and any leg action. This outcome can be achieved only in a pool with sufficient depth.
10	Learn the key water safety messages	<ol style="list-style-type: none">1. Stop and think – always swim in a safe place, spot the dangers or know the dangers.2. Stay together with a friend or family member.3. Float – if you are in trouble in the water, float until you feel calm and then think what to do next.4. Call 999 or 112 – if you see someone else in trouble in the water call 999 or 112 immediately.

Delivery Note: Where facilities allow outcomes 3, 4, 5, and 6 should be completed in water deeper than 1.0m

Wave 4

Aims

1. Learn how to do dolphin kicks underwater
2. Learn the HELP position
3. Improve floating and treading water techniques
4. Improve the technique of all four strokes



Outcomes

No.	Summary	Description
1	Understand principles of warm-up before exercising	Answer correctly 3 questions about warming up before exercise.
2	Perform dolphin kicks underwater on the front and back	Perform underwater dolphin kicks , 3 on the front and 3 on the back, maintaining a streamlined body position under the water.
3	Demonstrate 10 metres frontcrawl kick	Frontcrawl kick for 10m, with arms extended out in front, using a swimming aid if needed. The kick should follow FINA* rules.
4	Demonstrate 10 metres backstroke kick	Backstroke kick for 10m, with arms extended above the head in a streamlined position. The kick should follow FINA* rules.
5	Swim 10 metres frontcrawl or backstroke (alternating stroke)	Swim 10m frontcrawl or backstroke, following FINA* rules. Delivery Note: Full technique of both strokes should be taught.
6	Demonstrate 10 metres breaststroke kick, on the front	Breaststroke kick for 10m on the front, using a swimming aid if needed. The kick should follow FINA* rules.
7	Demonstrate 10 metres butterfly kick, on the front	Butterfly kick for 10m, on the front. The kick should follow FINA* rules.
8	Swim 10 metres breaststroke or butterfly (simultaneous stroke)	Swim 10m breaststroke or butterfly, following FINA* rules. Delivery Note: Full technique of both strokes should be taught.
9	Demonstrate the HELP** position	With and without aids, place upper arms to the side of the chest with lower arms crossed on chest. Legs are close together and slightly bent. The head is tipped backwards so the body is at an angle in the water.
10	Perform a series of floating shapes	Float on the surface, changing shape three times, to include a mushroom float – where the child tucks up into a ball and floats, face down in the water.
11	Tread water for 30 seconds	Tread water for 30 seconds using hands and any leg action. This outcome can be achieved only in a pool with sufficient depth.

* FINA is the international governing body of swimming, diving, water polo, synchronised swimming and open water swimming.

** The HELP (Heat Escape Lessening Posture) is a personal survival skill which reduces the amount of heat lost from the body whilst floating in cold water and lessens the effects of hypothermia.

Wave 5

Aims

1. Learn different shaped jumps without goggles
2. Learn how to do a forward somersault and a handstand in the water
3. Improve sculling and personal survival techniques
4. Swim longer distances in all four strokes, including a length (25 metres) of your favourite stroke



Outcomes

No.	Summary	Description
1	Without goggles show three different shaped jumps into the water (at least 1.5 metres deep)	Without wearing goggles, show three different shaped jumps into the water (at least 1.5m deep), e.g. pencil jump, star jump, tuck jump, pike jump, ensuring that entry into the water is always feet first and vertical.
2	Swim 15 metres frontcrawl	Swim 15m frontcrawl, following FINA* rules.
3	Swim 15 metres backstroke	Swim 15m backstroke, following FINA* rules.
4	Swim 10 metres breaststroke	Swim 10m breaststroke, following FINA* rules.
5	Swim 10 metres butterfly	Swim 10m butterfly, following FINA* rules.
6	Swim 15m, choice of stroke, without goggles and head out of the water	Swim 15m in any one stroke, without goggles and head out of the water.
7	Swim 25 metres, choice of stroke	Swim 25m in any one stroke.
8	With a partner, perform different sculling movements for 30 seconds	With a partner, perform a series of sculling movements for 30seconds, to include a rotation.
9	Tread water for 30 seconds, attract attention and move into the huddle position	Tread water for 30 seconds while performing an action that will attract attention and get help. Then move into the 'huddle' position with a partner or small group, holding onto a flotation aid with heads out of the water and keeping legs straight and pressed together, to retain body heat.
10	Perform a handstand on the pool floor	Perform a handstand on the pool floor with legs vertical out of the water or in an inverted vertical position if water is deeper than full reach height for 5 seconds.
11	Demonstrate a forward somersault in the water	Place chin on the chest and move into the mushroom float position. Use hands to start the rotation, maintaining a tucked position throughout.
12	Demonstrate an effective throwing rescue from a distance of 5 metres	Demonstrate an effective throwing rescue from a distance of 5 metres and instruct the partner to kick to the pool edge

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Wave 6

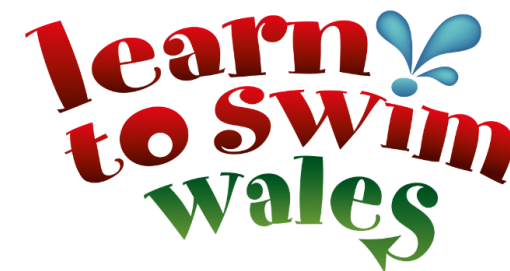
Aims

1. Learn how to warm-up properly for exercise and why
2. Learn how to do a backward somersault, head first surface dive and sitting dive
3. Improve personal survival techniques, including swimming with clothes on
4. Swim longer distances in all four strokes, concentrating on technique

Outcomes

No.	Summary	Description
1	Swim 20 metres frontcrawl from an underwater push and glide	Start with an underwater push and glide with 3 dolphin kicks, then swim 20m frontcrawl, including at least 6 rhythmical breaths. The stroke should follow FINA* rules.
2	Swim 20 metres backstroke from an underwater push and glide	Start with an underwater push and glide with 3 dolphin kicks, then swim 20m backstroke. The stroke should follow FINA* rules.
3	Swim 15 metres breaststroke from a push and glide	Swim 15m breaststroke. The stroke should follow FINA* rules.
4	Swim 15 metres butterfly from a push and glide	Start with an underwater push and glide with 3 dolphin kicks, then swim 15m butterfly, including at least 3 breaths. The stroke should follow FINA* rules.
5	Swim 50 metres using 2 different strokes	Swim 50m continuously: 25m frontcrawl or backstroke followed by 25m breaststroke or butterfly.
6	Swim 25 metres wearing clothes	Swim 25m using any stroke, without goggles and wearing clothes with long sleeves and long legs.
7	Demonstrate a 'shout and signal' action while treading water	Tread water for at least 1 minute. For the first 15 seconds both arms should be in the water. For the next 45 seconds lift one arm out of the water to attract attention. Change arms as often as required.
8	Demonstrate a reach rescue to a partner 2 metres away.	Demonstrate an effective reach rescue with a suitable object from a distance of up to 2 metres, communicating with the partner throughout.
9	Perform a head first surface dive	Push and glide away from the wall and swim any stroke for 3 strokes. Then dive, head first, to the pool bottom. Surface and return to the pool wall.
10	Perform a sitting dive (into water at least 1.5 metres deep)	Sit on poolside, feet together and against the wall, knees open, chin on chest, arms outstretched with hands on top of each other squeezing the ears. Push away from the wall in a streamlined position. Hold this position and glide forwards. <i>Delivery Note – Teachers must hold the Level 2 Swimming Teacher Certificate or equivalent to teach diving</i>
11	Demonstrate a backward somersault in the water	Move into a mushroom float position. Use hands to start the rotation, maintaining a tuck position throughout

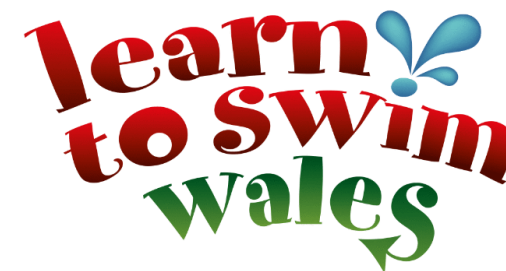
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Wave 7

Aims

1. Learn how to do a plunge dive
2. Improve floating, sculling, treading water and rotation skills
3. Swim longer distances in all four strokes and swim an Individual Medley
4. Swim as part of a team in a relay race



Outcomes

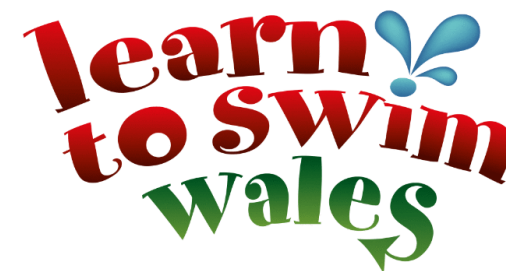
No.	Summary	Description
1	Swim 25 metres frontcrawl	Start with an underwater push and streamlined glide with 3 dolphin kicks, then swim 25m frontcrawl. The stroke should follow FINA* rules.
2	Swim 25 metres backstroke	Start with an underwater push and streamlined glide with 3 dolphin kicks, then swim 25m backstroke. The stroke should follow FINA* rules.
3	Swim 25 metres breaststroke	Start with an underwater push, followed by arm pull underwater, then swim 25m breaststroke. The stroke should follow FINA* rules.
4	Swim 25 metres butterfly	Start with an underwater push and streamlined glide with 3 dolphin kicks, then swim 25m butterfly. The stroke should follow FINA* rules.
5	Swim 100 metres Individual Medley	Swim 100m continuously, using all 4 strokes in the following order: 25m butterfly, 25m backstroke, 25m breaststroke, 25m frontcrawl. The strokes must follow FINA* rules.
6	Swim 200 metres using at least 3 different strokes	Swim 200m continuously. The strokes must follow FINA* rules.
7	Perform a plunge dive (into water at least 1.8 metres deep)	Stand on poolside in diving position with feet curled around the pool edge. Bend at the hips and bend the knees. Push away from poolside from your toes, with hands entering the water first. Once in the water, glide in a streamlined position. <i>Delivery Note – Teachers must hold the Level 2 Swimming Teacher Certificate or equivalent to teach diving</i>
8	Tread water using an eggbeater action while passing a ball	Tread water, using an egg beater leg action, while passing and catching a ball with a partner, for 30 seconds.
9	Complete a 25 metre obstacle course with 4 obstacles	Without touching the pool floor, go through a 25m obstacle course which includes at least 4 obstacles requiring different skills.
10	In a small group, demonstrate rotation, floating, sculling and treading water	In a small group, perform a sequence lasting 1 minute which includes the following skills: rotation, floating, sculling and treading water.
11	Take part in a relay race	Take part in a relay race against a team of the same number.

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Wave 8

Aims

1. Swim 25 metres of breaststroke and butterfly
2. Swim 50 metres of backstroke and frontcrawl
3. Improve floating, sculling, treading water and surface dive skills that are used in other aquatic disciplines



Outcomes

No.	Summary	Description
1	Swim 50 metres frontcrawl	Start with an underwater push and streamlined glide with a minimum of 4 dolphin kicks, then swim 50m frontcrawl. The stroke should follow FINA* rules.
2	Swim 50 metres backstroke	Start with an underwater push and streamlined glide with a minimum of 4 dolphin kicks, then swim 50m backstroke. The stroke should follow FINA* rules.
3	Swim 25 metres breaststroke	Start with an underwater push, followed by arm pull underwater, then swim 25m breaststroke. The stroke should follow FINA* rules.
4	Swim 25 metres butterfly	Start with an underwater push and streamlined glide with a minimum of 4 dolphin kicks, then swim 25m butterfly. The stroke should follow FINA* rules.
5	Stay vertical and static for 20 seconds	Tread water by using sculling hands and eggbeater kick, remaining vertical and static in the pool for 20 seconds.
6	Tread water while passing a ball over a distance of 2 metres	Tread water, using an eggbeater leg action, while passing and catching a ball a minimum of 6 times with a partner 2m away. Use one hand to throw the ball and two hands to catch it.
7	Change from a mushroom float to a stretched position	Hold a mushroom float for 3 seconds before stretching out to a horizontal straight position for 3 seconds.
8	Push and glide into a surface dive	On the front, push and glide away from the wall. Then surface dive, head first, to the pool floor. Surface and return to the pool wall.
9	Perform a back layout scull to remain stationary	Lie on the back with body flat, feet together, toes pointed and arms at the sides. Move hands in a sculling action to remain stationary in the water for 3 seconds.
10	Swim frontcrawl, surface dive and swim underwater breaststroke	Starting at the pool wall, swim frontcrawl for 5m then perform a surface dive. Once underwater, swim 3 breaststrokes before surfacing. Breathing should be controlled throughout.
11	Swim 50 metres with clothes on	Swim 50m using any stroke, without goggles and wearing clothes with long sleeves and long legs (not including pyjamas for assessment)
12	Hold the 'HELP' position for 2 minutes	With and without buoyancy aids, place upper arms to the side of the chest with lower arms crossed on chest. Legs are close together and slightly bent. The head is tipped backwards so the body is at an angle in the water.

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