

## Learn to Swim Framework Stages 1-7 Outcomes

The Swim England Learn to Swim Framework is about developing confident and competent swimmers through fun and enjoyment, with Stages 1-7 being at the core of the Programme. This Framework builds the skills and motivation needed to develop a lifelong love of water and maintain an active and healthy lifestyle through swimming.

It is the most widely known Framework for swimming lessons for children and is the backbone of swimming lessons for primary school aged children. Each of the seven Stages of the Swim England Learn to Swim Framework have a clear set of targets for the swimmer to meet so that they can progress to the next Stage.

The Stages 1-7 Awards mark completion of each Stage and are available to purchase from the Swim England shop: [shop.swimming.org](http://shop.swimming.org).

### Learn to Swim Stage 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use flotation equipment, e.g. arm bands, floats, etc.

#### Outcomes

By completing this Award, with or without flotation equipment or support, learners 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.

### Learn to Swim Stage 2

Developing safe entries into the water, including jumping in, basic floating, rotation to regain an upright position without support. Travel must be without flotation equipment. Swimmers may use flotation equipment when not travelling.

## Outcomes

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

1. Jump in from poolside safely.
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.

## Learn to Swim Stage 3

Developing safe entries into the water, including submersion, travelling up to 10 metres on the front and back, progressing rotation skills and water safety knowledge.

## Outcomes

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

1. Jump in from poolside and submerge.
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. Correctly identify three of the four key water safety messages.
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.

## Learn to Swim Stage 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by Swim England (Swim England Expected Standards).

### Outcomes

By completing this Award, without floatation equipment or support, learners 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.

## Learn to Swim Stage 5

Developing technique through sculling and treading water skills, completing rotation and also performing all strokes to the Swim England Expected Standards.

### Outcomes

By completing this Award, learners 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 (performed to Swim England expected standards).
7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.

## Learn to Swim Stage 6

Developing effective swimming skills including coordinated breathing, understanding of water safety and preparation for exercise.

### Outcomes

By completing this Award, learners 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.

## Learn to Swim Stage 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills learned throughout Stages 1-7.

### Outcomes

By completing this Award, learners will be able to:

1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
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.  
Eggbeater: 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 (performed to Swim England expected standards).
8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
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.