



Amateur Swimming Association National Plan for Teaching Swimming Stages

July 2014



General Information for group swimming lessons

In order to ensure children join the appropriate group for their ability, new applicants will require an assessment.

Towards the end of each term, existing pupils will receive a “your teacher recommends” slip, advising you as to which “stage” you should enrol your child for in the next term.

The appointed swimming teacher will be responsible for assessing each pupil.

Where participants are physically unable to ever achieve an outcome listed, the award should be granted based on the achievement of the remaining outcomes or a suitable adaptation to meet the needs of the individual.

Stage 1 (all 13 outcomes must be achieved more than once in order to gain this award)

1. Enter the water safely
2. Move forwards for a distance of 5 seconds
3. Move Backwards for a distance of 5 seconds
4. Move sideways for a distance of 5 seconds
5. Scoop the water and wash the face
6. Be at ease with the water showered from overhead
7. Move into a stretched floating position using aids, equipment for 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 the pool rules
13. Exit the water safely

Stage 2 (all 10 outcomes must be achieved more than once in order to gain this award)

1. Jump in from the poolside safely
2. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3. Regain upright position from the back without support
4. Regain upright position from the front without support
5. Push from wall and glide on back
6. Push from wall and glide on 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 front on to the back to gain an upright position
10. Perform a rotation from back on to the front to gain an upright position



Stage 3 (all 9 outcomes must be achieved more than once to gain this award)

1. Jump in from the poolside and submerge (min depth 0.9 metres)
2. Sink, push away from wall on side and maintain a streamlined position
3. Push and glide on the front arms extended logroll on to the back
4. Push and glide on the back arms extended logroll on to the front
5. Travel on the front, tuck to rotate around the horizontal axis 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 (all 13 outcomes must be achieved more than once to gain this award)

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) 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 (one item of equipment optional)
8. Kick 10 metres breaststroke on the back (one item of equipment optional)
9. Kick 10 metres of breaststroke on the front (one item of equipment optional)
10. Perform a head first sculling action on the back for 5 metres in a horizontal position
11. Travel on the back and roll in one continuous movement onto front
12. Travel on the front and roll in one continuous movement onto back
13. Swim 10 metres, choice of stroke is optional

Stage 5 (all 12 outcomes must be achieved more than once to gain this award)

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for 5 metres whilst holding the 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 3 different shaped jumps into deep water
6. Swim 10 metres backstroke
7. Swim 10 metres front crawl face in the water
8. Swim 10 metres breaststroke
9. Swim 10 metres butterfly
10. Perform a hand stand and hold for a minimum of 3 seconds
11. Perform a forward summersault, tucked, in the water
12. Demonstrate an action for getting help



Stage 6 (all 11 outcomes must be achieved more than once to gain this award)

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate onto backstroke
3. Sink, push off on side from the wall, glide, kick and rotate onto front crawl
4. Swim 10 metres with clothes on
5. Swim front crawl to include at least 6 rhythmical breaths
6. Swim breaststroke to include at least six rhythmical breaths
7. Swim butterfly to include at least three rhythmical breaths
8. Swim 25 metres choice of stroke optional
9. Perform a 'shout and signal' rescue
10. Exit the water without using the steps
11. Perform a surface dive

Stage 7 (all 10 outcomes must be achieved more than once to gain this award)

1. Swim 25 metres backstroke
2. Swim 25 metres front crawl
3. Swim 25 metres breaststroke
4. Swim 25 metres butterfly
5. Perform a movement sequence of 1 minute duration in a group of 3 or more, incorporating a number of the following skills: sculling head-first; sculling feet-first; rotation - forward somersault; rotation - backward somersault; log roll; floating star on front; floating star on back; tuck float; create own eggbeater lifting one or both arms out of the water; link any of the afore-mentioned skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. Swim 100 metres, using 3 different strokes
9. Tread water using an eggbeater action for 30 seconds
10. Complete an obstacle course (using minimum of 4 objects) with feet on the bottom throughout

Stage 8 (all 10 outcomes must be achieved to gain this award)

1. Complete a set lasting 400 metres (e.g. 16 x 25 metres) on a specific turnaround time set by the coach (e.g. 1 min for each 25 metres)
2. Swim 400 metres continuously using one stroke
3. Kick 25 metres backstroke with/without using a board swimmers choice
4. Kick 25 metres breaststroke with/without using a board swimmers choice
5. Kick 25 metres butterfly with/without using a board swimmers choice
6. Kick 25 metres front crawl with/without using a board swimmers choice
7. Perform a backstroke turn from 10 metres in to 15 metres out
8. Perform a breaststroke turn from 10 metres in to 15 metres out
9. Perform a front crawl turn from 10 metres in to 15 metres out
10. Perform a butterfly turn from 10 metres in to 15 metres out



Stage 9 (all 8 outcomes must be achieved to gain this award)

1. Complete a set lasting 800 metres (e.g. either 16 x 50 metres; 8 x 100 metres) on a specific turnaround time set by the coach (e.g. 1 min 30 for 50 metres; 2 min 45 for 100 metres; 6 min for 200 metres)
2. Swim 800 metres continuously choosing one stroke
3. Swim a continuous 100 metres individual medley using legal turns
4. Perform a 15 metres underwater kick on front in a streamlined position
5. Perform a backstroke start then butterfly kick in a streamlined position underwater until 10 metres from the start point (wall), transfer into stroke and complete the remainder of the 25 metres
6. Perform a front crawl start, underwater kick in a streamlined position until a minimum of 10 metres from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25 metres
7. Perform a butterfly start, kick in a streamlined position until a minimum of 10 metres from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25 metres
8. Perform a breaststroke start, perform a 1 ½ pull under water, transfer into stroke and complete the remainder of the 25 metres

N.B. All starts to be done by a “take your marks, go” by the teacher. The “go” can be by whistle or shout.

Stage 10 (all 7 outcomes must be achieved to gain this award)

1. Complete a set lasting 1600 metres (either 16 x 100 metres; 8 x 200 metres; 4 x 400 metres) on a specific timed turn around set by the coach (e.g. 2 min 30 for 100 metres; 5 min 30 for 200 metres; 12 min for 400 metres)
2. Swim 1500 metres continuously choosing one stroke
3. Perform a continuous 100 metres individual medley without using a kick board
4. Swim a continuous 200 metres individual medley using legal turns
5. Perform a 15 metres 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

N.B. All outcomes for awards must be completed in their entirety on three or more occasions before being achieved. There will be times when it will take some pupils longer than the term to achieve all the required outcomes. All skills learnt are repeated as each pupil progresses through the stages.

If you would like to apply for a space in any of the group lessons, please arrange for an assessment prior to the start of these courses. Please contact Helen Kibarama at the Bank of England Sports Centre by telephone on 020 8392 4375 or by e-mail at

Helen.kibarama@bankofengland.co.uk