

## **LEARN TO SWIM – OVERVIEW OF STAGES**

The Learn to Swim Framework take a games-led approach to teaching, learners should be able to swim 25 metres by the end of the Learn to swim Stage 7.

The key focus of this Framework is to :-

- developing fundamental movement skill
- teaching children to swim using the four strokes of front crawl, backstroke, breaststroke and butterfly
- Fun and enjoyment in the water to help children learn

### **STAGE 1**

Developing basic safety awareness, introduction to the 'class' scenario, basic movement skills and water confidence skills

### **STAGE 2**

Developing safe entries to water, including jumping in, basic floating, travelling and unaided rotation to regain upright positions.

### **STAGE 3**

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

### **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.

### **STAGE 5**

Developing waterman ship through sculling and treading water skills, complete rotation and also performing all strokes to the given standard as directed by Swim England.

### **STAGE 6**

Developing effective swimming skills including co-ordinated breathing, developing the water safety aspects and understanding of preparation for exercise.

### **STAGE 7**

Developing quality strokes technique and up to 100 metres, incorporating a variety skills learnt accomplished throughout Stages 1 – 7.