



Swim England

Learn to Swim Awards Stage 1

- *By completing this Award, with or without floatation equipment or support, you will be able to:*
- *Enter the water safely.*
- *Move forward for a distance of 5 metres, feet may be on or off the floor.*
- *Move backwards for a distance of 5 metres, feet may be on or off the floor.*
- *Move sideways for a distance of 5 metres, feet may be on or off the floor.*
- *Scoop the water and wash the face.*
- *Be comfortable with water showered from overhead.*
- *Move from a flat floating position on the back and return to standing.*
- *Move from a flat floating position on the front and return to standing.*
- *Push and glide in a flat position on the front from a wall.*
- *Push and glide in a flat position on the back from a wall.*
- *Give examples of two pool rules.*
- *Exit the water safely.*



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Learn to Swim Awards Stage 2

- *By completing this Award, with or without floatation equipment or support, you will be able to:*
- *Jump in from poolside safely to a minimum depth of 1.0 metre.*
- *Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.*
- *Move from a flat floating position on the back and return to standing without support.*
- *Move from a flat floating position on the front and return to standing without support.*
- *Push from a wall and glide on the back – arms can be by the side or above the head.*
- *Push from a wall and glide on the front with arms extended.*
- *Travel using a recognised leg action with feet off the pool floor on the back for 5 metres.*
- *Travel using a recognised leg action with feet off the pool floor on the front for 5 metres.*
- *Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.*
- *Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.*
- *Perform a log roll from the back to the front.*
- *Perform a log roll from the front to the back.*
- *Exit the water without support.*



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Learn to Swim Awards
Stage 3

- *By completing this Award, without floatation equipment or support, you will be able to:*
- *Jump in from poolside and submerge to a minimum depth of 1.0 metre.*
- *Sink, push away from wall and maintain a streamlined position.*
- *Push and glide on the front with arms extended and log roll onto the back.*
- *Push and glide on the back with arms extended and log roll onto the front.*
- *Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.*
- *Fully submerge to pick up an object.*
- *Answer correctly three questions on the Water Safety Code.*
- *Push and glide and travel 10 metres on the back.*
- *Push and glide and travel 10 metres on the front.*
- *Perform a tuck float and hold for three seconds.*
- *Exit the water without using steps.*



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Learn to Swim Awards
Stage 4

- *By completing this Award, without floatation equipment or support, you will be able to:*
- *Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.*
- *Push and glide from the wall towards the pool floor.*
- *Kick 10 metres backstroke (one item of equipment optional).*
- *Kick 10 metres front crawl (one item of equipment optional).*
- *Kick 10 metres butterfly on the front or on the back.*
- *Kick 10 metres breaststroke on the front (one item of equipment optional).*
- *Perform a head first sculling action for 5 metres in a flat position on the back.*
- *Travel on back and log roll in one continuous movement onto front.*
- *Travel on front and log roll in one continuous movement onto back.*
- *Push and glide and swim 10 metres, choice of stroke is optional.*



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*Learn to Swim Awards
Stage 5*

- *By completing this Award you will be able to:*
- *Perform a flat stationary scull on the back.*
- *Perform a feet first sculling action for 5 metres in a flat position on the back.*
- *Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.*
- *Tread water for 30 seconds.*
- *Perform three different shaped jumps into deep water.*
- *Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).*
- *Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).*
- *Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).*
- *Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).*
- *Perform a handstand and hold for a minimum of three seconds.*
- *Perform a forward somersault.*
- *Demonstrate an action for getting help.*



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*Learn to Swim Awards
Stage 6*

- *By completing this Award you will be able to:*
- *Give two examples of how to prepare for exercise and understand why it is important.*
- *Sink, push off on side from the wall, glide, kick and rotate into backstroke.*
- *Sink, push off on side from the wall, glide, kick and rotate into front crawl.*
- *Swim 10 metres wearing clothes.*
- *Push and glide and swim front crawl to include at least six rhythmical breaths.*
- *Push and glide and swim breaststroke to include at least six rhythmical breaths.*
- *Push and glide and swim butterfly to include at least three rhythmical breaths.*
- *Push and glide and swim backstroke to include at least six regular breaths.*
- *Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).*
- *Perform a 'shout and signal' rescue.*
- *Perform a surface dive.*



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Learn to Swim Awards
Stage 7

- By completing this Award you will be able to:
- Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
- Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
- Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
- Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
- 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
- Perform a sitting dive or dive.
- Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
- Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
- Tread water using eggbeater action for 30 seconds.
- Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.



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Learn to Swim Awards
Stage 8

- By completing this Award you will be able to:
- Complete a set lasting 400 metres (e.g. 16 x 25 metres, 8 x 50 metres, 4 x 100 metres) on a specific turnaround time agreed by the teacher or coach (e.g. 1.00 minutes for each 25 metres) with a focus on stroke technique and consistency.
- Swim 400 metres continuously using one stroke.
- Push and streamline then kick 25 metres backstroke with or without using a board.
- Push and streamline then kick 25 metres breaststroke with or without using a board.
- Push and streamline then kick 25 metres butterfly without using a board.
- Push and streamline then kick 25 metres front crawl with or without using a board.
- Perform a backstroke turn from 10 metres in to 15 metres out.
- Perform a breaststroke turn from 10 metres in to 15 metres out.
- Perform a butterfly turn from 10 metres in to 15 metres out.
- Perform a front crawl turn from 10 metres in to 15 metres out.
- Perform a dive track or grab start, and kick butterfly underwater in a streamlined position for 5 metres with the focus on progressing it to 10 metres.*
- *Delivery will depend on the pool design and facilities available.



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Stage 9

- *By completing this Award you will be able to:*
- *Complete a set lasting 800 metres (either 16 x 50 metres, 8 x 100 metres, 4 x 200 metres) on a specific turnaround time as agreed by the teacher or coach (e.g. 1.30 minutes for 50 metres) with a focus on stroke technique and consistency.*
- *Swim 800 metres continuously using one stroke.*
- *Swim a continuous 100 metre individual medley (4 x 25 metres) using recognised turns with a focus on stroke technique and consistency.*
- *Perform a 15 metre underwater kick on front from a push and glide in a streamlined position.*
- *Perform a backstroke start then butterfly kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.**
- *Perform a front crawl start then kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.**
- *Perform a butterfly start then kick in a streamlined position up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.**
- *Perform a breaststroke start then perform a one and a half pull underwater. Transfer into stroke and complete the remainder of the 25 metres.**

- **Delivery will depend on the pool design and facilities available.*



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Stage 10

- *By completing this Award you will be able to:*
- *Complete a set lasting 1600 metres (either 16 x 100 metres, 8 x 200 metres, 4 x 400 metres) on a specific timed turnaround set by the teacher or coach (e.g. 2.30 minutes for 100 metres), focus on stroke technique and consistency.*
- *Swim 1500 metres continuously using one stroke.*
- *Perform a continuous 100 metre individual medley kick (4 x 25 metres) without using a kick board.*
- *Swim a continuous 200 metre individual medley (4 x 50 metres) using recognised turns.*
- *Perform a front crawl relay take over – as an incoming swimmer.*
- *Perform a front crawl relay take over – as an out*