

Stage 9 outcomes

By the end of Stage 9 (Competitive Swimming) of the Learn to Swim Framework, powered by British Gas, your pupils should have reached 11 outcomes relating to turns, and also completing BASC targets to prepare for Stage 10

1. Complete a set lasting 800m as

16 x 50m swim hitting a Target Time of 50 seconds for each repeat with a Turn Round Time of 1:05.

The Target Time of 50 Seconds MUST be achieved for each Repeat

Start----using correct Streamline start breaking out into stroke,

Turns---- to accelerate into the wall and streamline out with fly kick at a constant rate into stroke

Finish -----to be timed to finish on full stroke.

Stroke Count and Kick Rate to be maintained throughout

2. Swim 800m continuously using one stroke (Front Crawl) stroke Count and Kick rate to be maintained throughout, to be swam as

2 x 400m on a Target Time of 6m 30sec with a Turn Round Time of 7mins.

The Target Time of 6m 30sec must be achieved for each Repeat

Start----using Streamline start breaking out into stroke ,

Turns---- to accelrate into the wall and streamline out with fly kick at a constant rate into stroke

Finish -----to be timed to finish on full stroke.

3. Perform a complete 100m IM within a time of 2 minutes, all turn transistions to be correct and streamlined.

4. Swim 75m Front Crawl swim continuous stroke with Start, Turn and Finish to be the same as criteria in Item 1, ensuring the swimmer performs a front crawl start, underwater kick in a streamlined position showing rate of kick from the start point. All turns to go beyond the Backstroke turn flags

5. Swim 75m Back Stroke swim continuous stroke with Start, Turn and Finish to be the same as criteria in Item 1, ensuring the swimmer performs a backstroke start then butterfly kick in a streamlined position showing rate of kick from the start point. All turns to go beyond the Backstroke turn flags.

6. Swim 75m Breaststroke swim continuous stroke with Legal Start, Turns and Finish,

Performs a breaststroke Start & Turn, performing a 1½ pull under water, ensuring swimmer accelerates Pull & Kick and maintains streamline position until breakout into the first stroke. All turns to go beyond the Backstroke turn flags

7. Swim 75m Butterfly swim continuous stroke with Legal Start, Turn and Finish, ensuring swimmer Performs a butterfly start, kick in a streamlined position showing rate of kick from the start point. All turns to go beyond the Backstroke turn flags. Body position to be close to the surface utlising 1 Pull & 2 Kicks, breathing minimum every 2 strokes.

8. Perform a continuous 100m Individual Medley kick without using a kick board as

FLY on Surface arms in streamline position

BC showing Shoulder roll

BRS Kick with hands sculling in front

FC one arm leading change every 12 kicks.

Full Stroke from the flags to ensure correct turn transistion.

9. Perform a 15m underwater kick on front in a streamlined position showing rate of kick.

10. Perform a front crawl relay take over: - as an incoming swimmer

11. Perform a front crawl relay take over: - as an outgoing swimmer

12. 200m FC Timed Kick, time to be within 5min 30sec with every 25m being even paced.

Stage 10 outcomes

By the end of Stage 10 (Competitive Swimming) of the Learn to Swim Framework, powered by British Gas, your pupils should have reached 9 outcomes relating to turns, and also completing BASC targets to prepare for Stage 10

1. Complete a set lasting 800m as

16 x 50m swim hitting a Target Time of 45 seconds for each repeat with a Turn Round Time of 1:00.
The Target Time of 45 Sec to be achieved at every repeat.

Start----using correct Streamline start breaking out into stroke,
Turns---- to accelerate into the wall and streamline out with fly kick at a constant rate into stroke
Finish -----to be timed to finish on full stroke.
Stroke Count and Kick Rate to be maintained throughout

2. Swim 1600m continuously using one stroke (Front Crawl) stroke Count and Kick rate to be maintained throughout, to be swam as

4 x 400m on a Target Time of 6mins with a Turn Round Time of 6Mins and 30 sec.
The Target Time of 6 Mins to be achieved at every repeat.

Start----using Streamline start breaking out into stroke ,
Turns---- to accelrate into the wall and streamline out with fly kick at a constant rate into stroke
Finish -----to be timed to finish on full stroke.

3. Perform a complete 200m IM within a time of 3 minutes 30 Sec. All turn transistions to be correct and streamlined.

4. Swim 100m Front Crawl swim continuous stroke with Start, Turn and Finish to be the same as criteria in Item 1, ensuring the swimmer performs a front crawl start, underwater kick in a streamlined position showing rate of kick from the start point. All turns to go beyond the Backstroke turn flags

5. Swim 100m Back Stroke swim continuous stroke with Start, Turn and Finish to be the same as criteria in Item 1, ensuring the swimmer performs a backstroke start then butterfly kick in a streamlined position showing rate of kick from the start point. All turns to go beyond the Backstroke turn flags.

6. Swim 100m Breaststroke swim continuous stroke with Legal Start, Turns and Finish,
Performs a breaststroke Start & Turn, performing a 1½ pull under water, ensuring swimmer accelerates Pull & Kick and maintains streamline position until breakout into the first stroke. All turns to go beyond the Backstroke turn flags

7. Swim 100m Butterfly swim continuous stroke with Legal Start, Turn and Finish, ensuring swimmer Performs a butterfly start, kick in a streamlined position showing rate of kick from the start point. All turns to go beyond the Backstroke turn flags. Body position to be close to the surface utlising 1 Pull & 2 Kicks, breathing minimum every 2 strokes.

8. Perform a continuous 200m Individual Medley kick without using a kick board as

FLY on Surface arms in streamline position
BC showing Shoulder roll
BRS Kick with hands sculling in front
FC one arm leading change every 12 kicks.
Full Stroke from the flags to ensure correct turn transistion.

9. 200m swim as 25m Fly, 25m Back demonstrating effective turn transistions

10. 200m swim as 25m Brs, 25m FC demonstrating effective turn transistions

11. 200m FC Timed Kick, time to be within 5 mins with every 25m being even paced.