

## Learn to Swim Framework Stage 3 **Beginner**

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

<b>Core Skills</b>		<b>Considerations</b>	<b>Outcomes</b>
1	Jump in from the poolside safely and Submerge	Types of jumps	<b>Entry</b>
2	Sink and push/glide maintain a streamline position	Front/back/side, through hoops etc	<b>Streamlining</b>
3	P&G on front arms extended, log roll to back	Set up different types of games and nursery rhymes	<b>Streaming/ Rotation</b>
4	P&G on back arms extended, log roll to Front		
5	Travel ,Tuck, forward roll, return on back		<b>Travel/Rotation</b>
6	Fully Submerge and pick up object	Sit down and pick up, head first to pick up, eyes open	<b>Aquatic breathing</b>
7	Ans 3 Q on water safety	keep it simple	<b>Water Safety</b>
8	Travel 10m on the back	Multi stoke	<b>Travel</b>
9	Travel 10m on the front		

**BY THE END OF THIS STAGE ALL SWIMMERS SHOULD BE ABLE TO SWIM EITHER WITH PADDLE ACTION OR THE BEGINNING OF OVER ARM RECOVERY**