

Learn to Swim Framework Stage 4 **Good Beginner to Improver**

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 meters to a given standard as directed by the ASA. additional Criteria added in order to prepare the swimmer for BASC Stage 5

	Core Skills	Considerations	Outcomes
1	Demonstrate an Understanding of Buoyancy	Try different shapes like letters numbers	Buoyancy and Balance
2	Understand and Demonstrate Streamline position	Push and Glide from the wall	Streamlining
3	Tuck float 5 sec	Revision on all types of floating	Buoyancy and Balance/ Rotation
4	Sequence of shapes whilst floating	Revision on all types of floating	Buoyancy and Balance
5	P&G from the wall to the pool floor	Looking for correct arm and body position	Streamlining
6	Kick 10m Back Crawl, Aid optional	Toes breaking surface, kicking from the Hip, long body position.	Travel/Rotation
7	Kick 10m Front Crawl, Aid optional	Long Legs with small splash. kicking from the hips, face in water, breathing to the side	
8	Kick 10m Fly, Aid optional	Kicking from the hip, with undulating movement	
9	Kick 10m Breast on back, Aid optional	knees below the water, knees bend, feet turned out, symmetrical kick outwards. returning to streamline leg position	
10	Kick 10m Breast on Front, Aid optional	good body position, heels raise to the bottom, feet turned out, symmetrical kick outwards, returning to streamline leg position	
11	On Back head first sculling 5m	Teach Body position/ Hand Actions	Travel
12	Travel on back Log roll to front	10 in a bed and the little one said roll over song	Travel/Rotation
13	Travel on Front Log roll to back		
14	Forward Roll	Set up different types of games	Rotation
15	Swim 10m on Front	Looking for over arm recovery	Travel
16	Swim 10m on Back	Looking for over arm recovery	Travel