

Learn to Swim Framework Stage 5 Improver

Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA. additional Criteria added in order to prepare the swimmer for BASC Stage 6

	Core Skills	Considerations	Outcomes
1	Horizontal stationary scull on back	Body position/Hand Action	Buoyancy and Balance
2	Demonstrate Streamline Position	Push and Glide from the wall	Streamlining
3	Feet first sculling 5m on back		Buoyancy/Travel
4	Sequence of sculling with partner to include a rotation for 45sec	Music might help here	Buoyancy/Travel/ Rotation
5	Tread water 30 sec	Try different types of kick	Travel
6	3 different shaped Jumps into deep water	Toes over the edge of the pool. Jump must be upward and outward. Entry should be feet first, eg pencil, Star, Soldier.	Buoyancy and Balance
7	Swim 10m front crawl face in the water breathing to the side.	10m swim to be performed to the correct standard	Travel
8	Swim 10m back, continuous arm movement		
9	Swim 10m breast, Kick -Pull-Glide		
10	Attempt to Swim 10m Fly		
11	Hand stand	Set up different types of games	Buoyancy and Balance/ Rotation
12	Perform forward Tumble Turn	Use of float	Rotation
13	Action for getting help	Set up a scene	Water Safety
14	complete seated dive into deep water 1.8m	ensure depth water minimum 1.8m	Streamline/ Rotation/Travel
15	Exit the water without help or steps	Teach how to climb out	Exits