

## Learn to Swim Framework Stage 6 **Good Improver to Advanced**

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise. additional Criteria added in order to prepare the swimmer for BASC Stage 7

	<b>Core Skills</b>	<b>Considerations</b>	<b>Outcomes</b>
1	Understanding of prep for exercise	Stretches/ Warm Up	
2	Push and Glide streamline position into all 4 strokes	Push and Glide from the wall	<b>Streamlining</b>
3	Sink-P&G-Kick to surface and rotate to back	Twister game	<b>Streamline/ Rotation/Travel</b>
4	Sink-P&G-Kick to surface and rotate to front		
5	Swim 10m with clothes on	Set up a scene	<b>Travel/Water safety</b>
6	Front crawl including breathing every third stroke	<b>Full Stroke</b>	<b>Travel</b>
7	Breast including breathing and timing K-P-G		
8	Swim 10m fly		
9	25m Front Crawl	<b>Full Stroke</b>	<b>Travel</b>
10	Attempt 25m Backstroke	<b>Full Stroke</b>	<b>Travel</b>
11	Attempt 25m Breaststroke	<b>Full Stroke</b>	<b>Travel</b>
12	Shout and rescue signal	Set up a scene	<b>Water Safety</b>
13	Surface Dive	Teach both head and feet first dives	<b>Travel/ Rotation</b>
14	complete seated dive into deep water 1.8m	ensure depth water minimum 1.8m	<b>Streamline/ Rotation/Travel</b>
15	Breastroke Start & Turn	ensure correct start and Turn is performed, using Ussain Bolt Technique	<b>Travel/ Rotation</b>
16	Perform forward tumble turn	swim into wall and push off from wall	<b>Travel/ Rotation</b>
17	Exit the water without help or steps	Teach how to climb out	<b>Exits</b>