

Learn to Swim Framework Stage 7 **Advanced**

Developing quality stroke technique up to 100 meters, incorporating skills learnt and combining them to develop a linked routine and complete course that combines a variety of skills accomplished throughout stages 1 – 7. successfully an obstacle. additional Criteria added in order to prepare the swimmer for BASC Stage 8

		Considerations	Outcomes
1	25m front crawl	Full Stoke showing the stamina to hold the stoke over distance, with correct breathing technique	Travel
2	25m back crawl		
3	25m Fly		
4	25m Breast stroke		
5	Perform a sequence over 1 min in a group incorporating lots of skills	Allow their input to design their sequence	All
6	Sitting Dive	Ensure good rotation skill before trying, remember min depth 1.8m	Streamline/ Rotation/Travel
7	Attempt shallow racing dive from the side from the deep end into streamlined position	Ensure Minimum depth of 1.8m	Streamline/ Rotation/Travel
8	100m 3 stokes	Full Stroke showing the stamina to hold the stoke over distance with correct breathing technique, legal start, turn and finish	Travel
9	200m Timed swim	To continually swim Frontcrawl attempting tumble turns and complete in a time of 4min 30 secs. Maintaining stroke and breathing technique	Travel
10	Egg beater Treading water 30 sec	ensure good BRS kick in place to introduce the Egg beat kick	Travel
11	Complete an Obstacle course to include under/over in/out/through, in deep water	Allow their input to design their sequence	All
12	Perform a backstroke start then butterfly kick in a streamlined position underwater from the start point (wall), transfer into stroke	looking for Streamline body position, attempt to reach backstroke flags	Travel
13	Perform Forward tumble turn		Travel
14	Perform Backstroke Turn		Travel
15	Perform a front crawl start,	underwater kick in a streamlined position from the start point (wall) is completd, transfer into stroke	Travel
16	Perform a butterfly start,	kick in a streamlined position from the start point (wall) is completed, transfer into stroke	Travel
17	Perform a breaststroke start,	perform a 1½ pull under water, transfer into stroke	Travel