

## Stage 8 outcomes

By the end of Stage 8 (Competitive Swimming) of the Learn to Swim Framework, powered by British Gas, your pupils should have reached 11 outcomes relating to turns, and also completing BASC targets to prepare for J1 swim Level:

1. Complete a set lasting 400m (e.g 8 x 50m on a turn around time of 1min 45 sec)
2. Swim 400m continuously using one stroke (Front Crawl), using correct Start, Turn and Finish - 8 minutes to complete without stopping
3. Kick 25m backstroke without using a board
4. Kick 25m breaststroke without using a board
5. Kick 25m butterfly without using a board
6. Kick 25m front crawl without using a board
7. Perform a backstroke Start, Turn, finish over 50m
8. Perform a breaststroke Start, Turn, finish over 50m
9. Perform a butterfly turn from Dive start swim 25m turn and swim 10m out
10. Perform a front crawl Start, Turn, finish over 50m
11. Perform a complete 100m IM to a Gala Standard within a time of 2m 30sec.
12. Perform a proficient racing dive from the blocks
13. Perform a proficient Shallow racing dive from the shallow end of the pool.