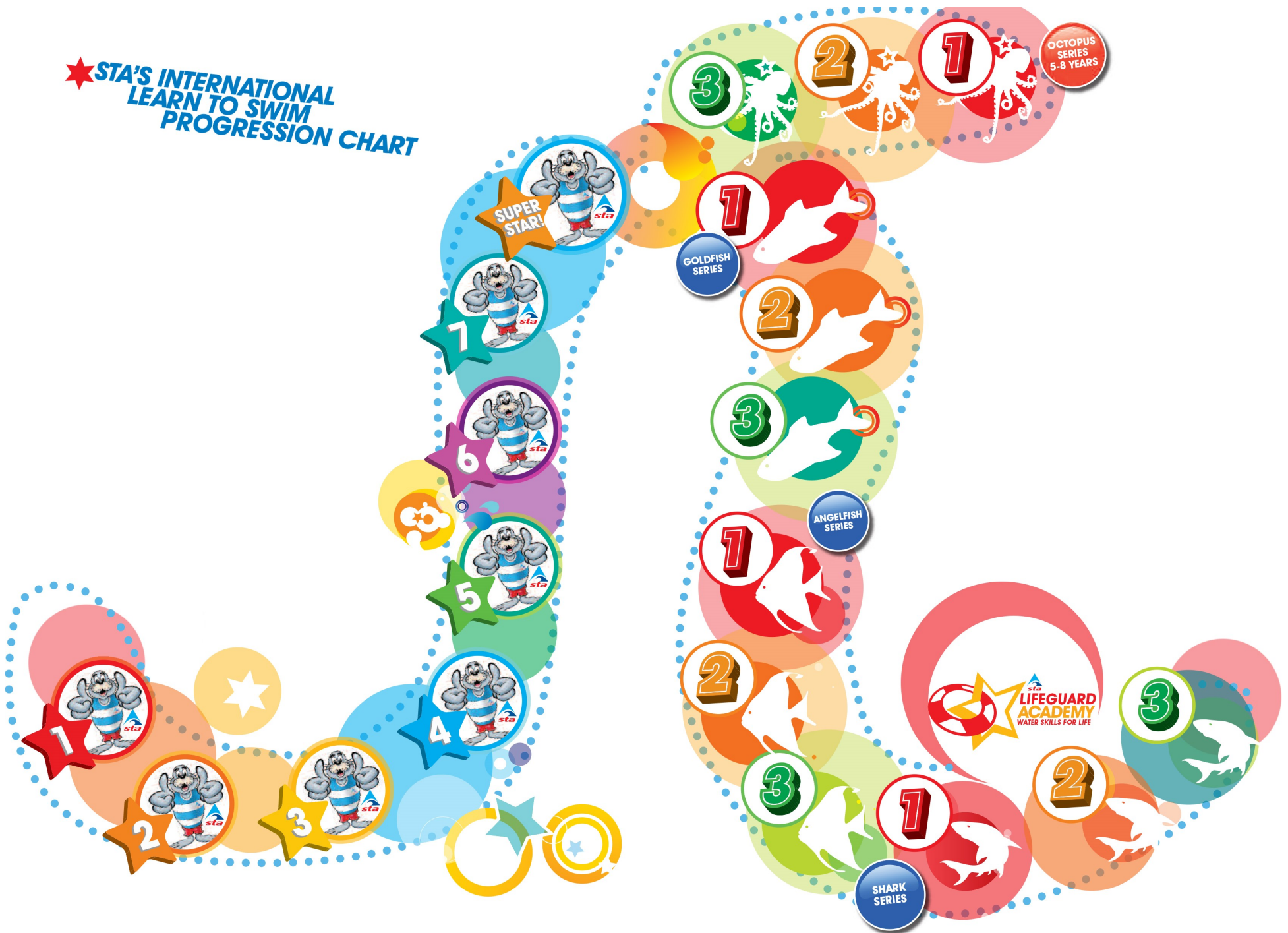


**★ STA'S INTERNATIONAL
LEARN TO SWIM
PROGRESSION CHART**



Learning Outcomes

1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported by wall/ woggle/ adult and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water for 2 metres on the back, roll to regain feet.
7. Blow a small object across the pool for 2 metres
8. Travel under a woggle bridge and through a shower created by a watering can
9. Push and glide on the front
10. Exit pool safely



Learning Outcomes

1. Show an understanding of poolside safety
2. Enter the water safely from the poolside
3. Blow bubbles into the water, with mouth or nose and mouth submerged
4. Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position
5. Move through the water for 2 metres on the back using an alternating leg action, ears in water and return to an upright/standing position
6. Perform a star floating position on front or back
7. Use front paddle action to move a ball across the pool
8. Push and glide on the back
9. Roll from front to back, looking at the ceiling
10. Climb out of the pool safely



Learning Outcomes

1. Answer a question on poolside safety rules
2. Enter the water from poolside, move forward 1 metre, then return and exit the pool unassisted
3. Blow bubbles into the water with face submerged
4. Perform a star float while on the back and regain the feet
5. Move through the water while on the back, using an alternating leg action for 5 metres
6. Move through the water 5 metres on the front, using front paddle action
7. Complete a 360° turntable with feet off the pool floor
8. Roll from back to front and return onto the back
9. Jump or step into the water from poolside with hand support from a swimming teacher or assistant
10. Show treading water action with legs on woggle – (seahorses)



Learning Outcomes

1. Answer 2 questions on poolside safety
2. Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back
3. Bob up and down, submerging the face 4 times, exhaling underwater
4. Pick up an object from below the water surface
5. Perform 2 float positions, which may be in a sequence and performed on the front or the back
6. Push and glide on back, tuck and roll forward to return to poolside
7. Tread water, using arms and legs
8. Attempt a circular action of either arms or legs
9. Jump or step into pool safely unaided
10. Climb out of pool safely unaided



Learning Outcomes

1. Answer 2 questions on poolside rules
2. Swim 2 metres of front paddle or back paddle, without support
3. Hold 3 different types of floating positions, each for 3 seconds
4. Breathe rhythmically for 4 cycles, either supported or moving
5. Jump or step in from poolside, tread water, turn and swim back to poolside
6. Push off on the back and kick with a simultaneous leg action for 5 metres using a woggle or float
7. Perform a push and glide on the front, keeping the face in the water and blowing bubbles
8. Retrieve an object from bottom of pool
9. Demonstrate front crawl arm action
10. Demonstrate back crawl arm action



Learning Outcomes

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Move through the water confidently in different ways – walk, hop, jump, skip, gallop, march
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on the front and back
6. Attempt a simultaneous circle action with legs while on the back for 2 metres, using a woggle or floats
7. Travel under a woggle waterfall, experiencing water over the head
8. Return to standing from a star float on the back
9. Perform a treading water action with legs using a woggle (sea horses), or floats
10. Exit the pool safely and unassisted



Learning Outcomes

1. Answer 2 water safety questions
2. Enter the pool safely with a step or jump
3. Swim 2 metres of front paddle, and 2 metres of back paddle, unaided
4. Use a woggle to kick across pool while blowing bubbles
5. Demonstrate front crawl arm action while standing
6. Demonstrate back crawl arm action while standing
7. Push and glide on the front with face in the water
8. Push and glide on the back arms by the side
9. Rotate from back float to front float, and return back to a back float, using a woggle
10. Submerge under water and retrieve an object



Learning Outcomes

1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, turn around and swim back to poolside
3. Push and glide into either front crawl or breaststroke for 5 metres
4. Push and glide into back crawl, and swim for 5 metres
5. Perform a star float on the front or back, and hold for 3 seconds
6. Perform dolphin leg kick on the front or back for 2 metres
7. Scull head first, using a woggle
8. Attempt breaststroke – may use a woggle for support
9. Tread water for 10 seconds
10. Swim forward for 2 metres and then roll onto back, swim on the back for 2 metres and roll into a standing position (regaining feet)



Learning Outcomes

1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, tread water for 5 seconds, swim to poolside
3. Push and glide, and hold the streamlined position for 5 seconds
4. Push and glide, or swim to the bottom of the pool, to retrieve an object
5. Swim 5 metres on front, roll over and swim 5 metres on back
6. Perform dolphin leg kick on the front or back for 5 metres
7. Scull head first for 2 metres
8. Scull feet first, using a woggle for support
9. Show rhythmical breathing in front crawl for 10 metres, using a woggle or float
10. Swim a recognisable breaststroke for 5 metres



Learning Outcomes

1. Answer 2 water safety questions
2. Perform a back float, tuck to a front float and return to a standing position
3. Scull head first for 5 metres, and feet first for 3 metres
4. Push and glide on the back, tuck, rotate to the front and return to the starting point
5. Swim 10 metres of a recognised front stroke, either front crawl or breaststroke. *Learner's first choice*
6. Swim back crawl for 10 metres
7. Swim 5 metres of a recognised front stroke. *Learner's second choice*
8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position
10. Enter the water with a step or jump entry, swim 5 metres on the front, then swim to poolside and exit water safely



Learning Outcomes

1. Answer 2 water safety questions
2. Perform 2 different types of entries and tread water for 15 seconds each time; *performed in shoulder-deep water*
3. Swim 15 metres of back crawl
4. Swim 15 metres of a recognised front stroke, either front crawl or breaststroke
5. Swim 10 metres, holding a float under each arm, using lifesaving backstroke leg kick
6. Swim 5 metres, dolphin leg kick on front
7. Swim 5 metres, dolphin leg kick on back
8. Perform a handstand with both hands on the pool floor; *performed in chest-deep water*
9. Perform a horizontal float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds
10. Submerge, push and glide on the side, roll to a face down position



Learning Outcomes

1. Be rescued by a reaching aid
2. Perform a straddle entry and tread water for 30 seconds. *If the water is too shallow, substitute step entry and support scull for 30 seconds.*
3. Push and glide into a forward somersault
4. Scull head first for 5 metres and feet first for 5 metres
5. Swim 15 metres of a recognised front stroke with correct breathing. *Learner's first choice*
6. Swim 10 metres of front stroke with correct breathing. *Learner's second choice*
7. Swim 20 metres of back crawl
8. Swim 10 metres on the front, using dolphin leg kick, without aids
9. Start in a crouch position in the water, spring up before gliding to bottom of pool, then glide to surface
10. Swim 5 metres of lifesaving backstroke without aids



Learning Outcomes

1. Be rescued by catching a buoyant aid
2. Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt. *If the water is too shallow, substitute step entry and support scull for 30 seconds and a 360° turn in a vertical position while wearing a T-shirt*
3. Swim 5 metres, perform a forward somersault and continue to swim forward for 5 metres
4. Swim 20 metres of a recognised front stroke using a correct touch finish. *Learner's first choice*
5. Swim 15 metres of a recognised front stroke using a correct touch finish. *Learner's second choice*
6. Swim 20 metres of back crawl using a correct touch finish
7. Swim 5 metres on the back using a double arm action and dolphin leg kick
8. Swim 5 metres on the side using a dolphin leg kick
9. Start in a crouch position in the water, spring up before gliding to the bottom of the pool, tuck, place both feet on the bottom of the pool and spring up. *Perform in chest-deep water*
10. Swim underwater for 5 metres



Learning Outcomes

1. Be rescued by catching a rope
2. Perform a straddle entry and tread water for 30 seconds while wearing a T-shirt. Remove the T-shirt and climb out unassisted. *If the water is too shallow, substitute step entry and support scull*
3. Perform a head-first and feet-first surface dive. *If in shallow water, perform an underwater push and glide to pool floor*
4. Scull feet first for 10 metres and head first for 10 metres
5. Swim 25 metres of back crawl using a correct finish
6. Swim 25 metres of a recognised front stroke, incorporating a correct finish. *Learner's first choice*
7. Swim 20 metres of recognised front stroke, incorporating a correct finish. *Learner's second choice*
8. Swim 5 metres of butterfly
9. Push and glide into a handstand – must be performed in tummy-deep or to chest-deep water
10. Perform a sitting dive, depending on the depth of water. *If in shallow water, perform underwater push and glide, roll onto back while underwater and surface in a back glide*



Learning Outcomes

1. Perform a shout and signal rescue to a weak swimmer, 5 metres away
2. Enter the water with a slide-in entry, swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt, and climb out
3. Swim 5 metres of a recognised front stroke, perform a head-first surface dive and swim 5 metres underwater
4. Swim 5 metres of a recognised front stroke, perform a feet-first surface dive, tuck, and swim 5 metres underwater
5. Swim 50 metres of a recognised front stroke. *Learner's first choice*
6. Swim 50 metres of back crawl
7. Swim 25 metres of a recognised front stroke. *Learner's second choice*
8. Swim 25 metres of Old English backstroke
9. Swim 25 metres of front crawl, demonstrating bilateral breathing
10. Perform a kneeling dive, depth of water permitting. *If in shallow water, perform underwater push and glide for 5 metres*



Learning Outcomes

1. Perform a reaching rescue to a casualty up to 2 metres from the side
2. Throw a buoyant aid 3 metres to a target point in the pool
3. Enter the water with a step-in entry, swim 10 metres of a recognised stroke in a T-shirt and shorts, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted
4. Swim 75 metres during which the learners perform 3 recognised strokes with a smooth transition and the correct turns
5. Scull head first for 20 metres
6. Swim 10 metres of butterfly
7. Swim 20 metres of side stroke, wearing a T-shirt and shorts
8. Perform a plunge dive, swim width of pool or 7 metres, depth of water permitting. If in shallow water, submerge and push and glide on your side, roll onto the back and return to the surface with dolphin leg kick
9. Swim 4 x 1 width of individual medley, incorporating the appropriate transition procedure at the end of each stroke
10. Perform a backwards somersault



Shark—Award 3

Learning Outcomes

1. Throw a rope over 5 metres
2. Enter the water with a straddle entry, swim 25 metres in a recognised stroke in a T-shirt and shorts, tread water or scull support for 1 minute, tread water for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing. *If in shallow water, substitute straddle jump for step-in or slide-in entry*
3. Swim 100 metres of a recognised stroke on the front, incorporating the appropriate start, turns, and finish. *Learner's first choice*
4. Swim 50 metres of a recognised front stroke, incorporating the appropriate start, turns and finish. *Learner's second choice*
5. Swim 100 metres of back crawl incorporating the appropriate start, turns and finish
6. Swim 25 metres of a fourth recognised stroke, not undertaken in the other tests
7. Swim 4 x 1 length of individual medley, incorporating the appropriate transition procedure at the end of each stroke
8. Perform a competitive start for two separate strokes using two different stances that is legal for the depth of water available
9. Swim 50 metres of side stroke or old English backstroke
10. Perform a head-first surface dive and pick up a sinkable toy from the bottom of the pool, minimum depth of 1.5 metres

