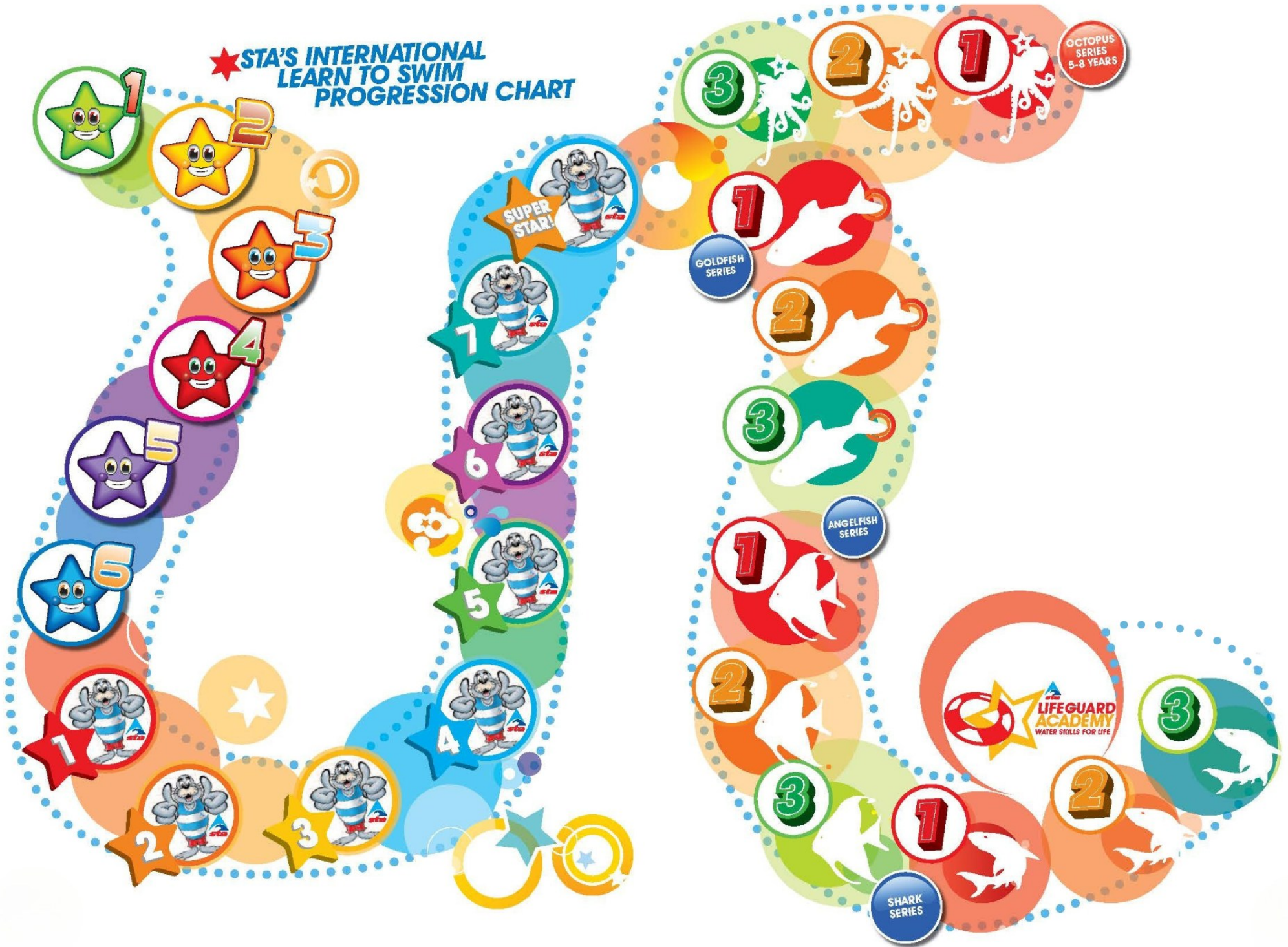


★ STA'S INTERNATIONAL
LEARN TO SWIM
PROGRESSION CHART



Learning Outcomes

1. Enter the pool safely with adult support
2. Familiarise child with the water using swing dips
3. Move freely around the pool on the front with adult support
4. Move freely around the pool on the back with adult support
5. Child to face adult and view them blowing bubbles
6. Leave the pool safely with adult support



Learning Outcomes

1. Enter the pool safely and hold onto the poolside, with support
2. Move freely around the pool with adult supporting with the safety hold
3. Adult to support child using the safety hold, gently extend the arm to an open safety hold and return back towards adult
4. Move backwards through the water with adult support
5. Roll from a back position to a front position
6. Be confident and relaxed with splashing the water



Learning Outcomes

1. Gently flop into the water from a sitting position with adult support
2. Rotate forwards from a back position to a front position
3. Reach for a toy whilst moving around the pool on the front with support
4. Move through the water attempting a kicking action on the back with support
5. Move freely around the pool with adult supporting with the seat hold
6. Adult to float (using buoyancy aids if needed), child to lay on adult's chest or sit on their tummy making eye contact



Learning Outcomes

1. Enter the pool safely with adult support
2. Blow bubbles with adult support using a forward hold
3. Move around the pool encouraging movement using the Little Harbour hold
4. Hold onto the poolside and move around the pool using a hold on action
5. Travel through the water backwards with adult encouraging movements from child
6. Demonstrate safe exit



Learning Outcomes

1. Child-led seated or standing jump
2. Roll from front to back position with adult support
3. Make kicking movements with support of a buoyancy aid
4. Adult to swim around the pool (using buoyancy aids if needed), with child sitting on their front
5. Move in a figure of eight or snaking pattern through the water with adult support
6. Blow bubbles whilst travelling in the pool
7. Move forward, reach for a toy and return on the back



Learning Outcomes

1. Safe entry from a sitting position
2. Independently swim through the water, with minimal support or with use of a buoyancy aid
3. Encourage child to rotate 360 degrees in a vertical position
4. Adult to swim around the pool (using buoyancy aids if needed), with child holding onto their back
5. Reach for toy under the water surface
6. Safely jump in from a standing position poolside, rotate 180 degrees, hold onto the poolside and climb out (if child has the physical ability)



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)

