

# ASA Learn to Swim Framework

## Duckling 1 (Foundation)

1.	Safe entry/exit with adult support
2.	Kick for 2m on back with adult support
3.	Float on back with adult support behind head
4.	Blow bubbles at water surface
5.	Wet face without submersion
6.	Travel 2m without assistance to a floating object

## Duckling 2 (Foundation)

1.	Sitting entry with adult support
2.	Blow an object for 2m
3.	Rotate 180* using a buoyancy aid without assistance
4.	Move 5m along rail without assistance
5.	Travel 3m using arms and/or legs without assistance
6.	Submerge face with confidence

## Duckling 3 (Foundation)

1.	Unaided supervised jump into pool
2.	Kick 5m on front or back holding float
3.	Blow bubbles with mouth underwater
4.	Unaided float on front or back
5.	Travel 5m on front to side of pool
6.	Show a torpedo shape on front or back

## Stage 1 (Foundation)

1.	Enter the water safely
2.	Move forwards for a distance of 5 metres
3.	Move backwards for a distance of 5 metres
4.	Move sideways for a distance of 5 metres
5.	Scoop the water and wash the face
6.	Be at ease with water showered from overhead
7.	Move into a stretched floating position using aids, equipment or support
8.	Regain an upright position from on the back, with support
9.	Regain an upright position from on the front, with support
10.	Push & glide in a horizontal position to or from a wall
11.	Take part in a teacher led partner orientated game
12.	Demonstrate an understanding of pool rules
13.	Exit the water safely

## Stage 2 (Early Swimmer)

1.	Jump in from poolside safely
2.	Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3.	Regain upright position from the back without support
4.	Regain an upright position from the front without support
5.	Push from wall & glide on the back
6.	Push from wall & glide on the front
7.	Travel on the back for 5 metres, aids or equipment may be used
8.	Travel on the front for 5 metres, aids or equipment may be used
9.	Perform a rotation from the front to the back to gain an upright position
10.	Perform a rotation from the back to the front to gain an upright position

## Stage 3 (Early Swimmer)

1.	Jump in from poolside and submerge (min depth 0.9)
2.	Sink, push away from wall on side and maintain a streamline position
3.	Push & glide on the front with arms extended and log roll onto the back
4.	Push & glide on the back with arms extended and log roll onto the front
5.	Travel on the front, tuck to rotate around the horizontal axis to return on the back
6.	Fully submerge to pick up an object
7.	Answer correctly 3 questions on the Water Safety Code
8.	Travel 10 metres on the back
9.	Travel 10 metres on the front

## Stage 4 (Improver)

1.	Demonstrate an understanding of buoyancy
2.	Perform a tuck float for 5 seconds
3.	Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4.	Push & glide from the wall to the pool floor
5.	Kick 10 metres Backstroke
6.	Kick 10 metres Front Crawl
7.	Kick 10 metres Butterfly on the front or on the back
8.	Kick 10 metres Breaststroke on the back
9.	Kick 10 metres Breaststroke on the front
10.	Perform on the back a head first sculling action for 5 metres in a horizontal position
11.	Travel on the back and roll in one continuous movement onto front
12.	Travel on the front and roll in one continuous movement onto the back
13.	Swim 10 metres, choice of stroke is optional

## Stage 5 (Improver)

1.	Perform a horizontal stationary scull on the back
2.	Perform a feet first sculling action for 5 metres whilst horizontal on the back
3.	Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4.	Tread water for 30 seconds
5.	Perform 3 different shaped jumps into deep water
6.	Swim 10 metres Backstroke
7.	Swim 10 metres Front Crawl face in water
8.	Swim 10 metres Breaststroke
9.	Swim 10 metres Butterfly
10.	Perform a handstand and hold for a minimum of 3 seconds
11.	Perform a forward somersault, tucked, in the water
12.	Demonstrate an action for getting help

## Stage 6 (Advanced )

1.	Demonstrate an understanding of preparation for exercise
2.	Sink, push off on side from the wall, glide, kick and rotate into Backstroke
3.	Sink, push off on side from the wall, glide, kick and rotate into Front Crawl
4.	Swim 10 metres with clothes on
5.	Swim Front Crawl to include at least six rhythmical breaths
6.	Swim Breaststroke to include at least six rhythmical breaths
7.	Swim Butterfly to include at least six rhythmical breaths
8.	Swim 25 metres, choice of stroke is optional
9.	Perform a 'shout & signal' rescue
10.	Perform a surface dive
11.	Exit the water without using the steps

## Stage 7 (Advanced)

1.	Swim 25 metres Backstroke
2.	Swim 25 metres Front Crawl
3.	Swim 25 metres Breaststroke
4.	Swim 25 metres Butterfly
5.	Perform a movement sequence of 1 minute duration, in a group of 3 or more incorporating a number of the following skills: Sculling, Rotation, Floating, Eggbeater
6.	Perform a sitting dive
7.	Swim 50 metres continuously using one stroke
8.	Swim 100 metres, using a minimum three different strokes
9.	Tread water using egg beater action for 30 seconds
10.	Complete an obstacle course (using minimum of 4 objects)with feet off the bottom of the pool throughout

## Stage 8 (Advanced)

1.	Complete a set lasting 400m (e.g. 16x25m) on a specific turn around time set by the coach (e.g. 1.00min for each 25m)
2.	Swim 400m continuously using one stroke
3.	Kick 25m Backstroke with/without using a board (*swimmers choice)
4.	Kick 25m Breaststroke with/without* using a board (*swimmers choice)
5.	Kick 25m Butterfly with/without* using a board (*swimmers choice)
6.	Kick 25m Front crawl with/without* using a board (*swimmers choice)
7.	Perform a Backstroke turn from 10m in to 15m out
8.	Perform a Breaststroke turn from 10m in to 15m out
9.	Perform a Butterfly turn from 10m in to 15m out
10.	Perform a Front crawl turn from 10m in to 15 out