

School Swimming Plan

We are keen to motivate all the children that swim with us to achieve their very best.

We are therefore introducing a progressive plan for schools.

Overview:

ASA National Plan for Schools Stages 1 – 7

- Each student will be given a grade 1- 7

National Curriculum Water skills

- Pass or fail

National Curriculum Water safety

- Pass or fail

Speed Awards for Schools

- Gold, Silver or Bronze
 - Certificate can be purchased for £3.00
-
- Each student will receive a report card at the end of each term.



Student Name _____ School _____ Date _____

ASA National Plan - Stages 1 to 7 - Stage Achieved

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Water Skills Award

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

Reason _____

Water Safety Award

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

Reason _____

School Speed Award

	Bronze	Silver	Gold
Front Crawl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backstroke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butterfly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



- The criteria is attached, and will also be available to parents, if required.
- Speed Awards will be awarded two weeks before the end of each school term.

National Curriculum Water Skills Award

Physical education is recognised as a compulsory aspect of the primary school curriculum – a requirement of the Education Act of 1996.

For swimming it is stated that by the end of Key Stage 2 pupils should be taught to:

1. *Pace themselves in floating with swimming challenges related to speed, distance and personal survival.*
2. *Swim unaided for a sustained period of time over a distance of at least 25 metres.*
3. *Use a recognised arm and leg actions, lying on their front and back.*
4. *Use a range of recognised strokes and personal survival skills (for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving.)*

This statutory obligation is now in force.

Water Test A

- **Starting in the water swim 25 metres using recognised arm and leg actions.**

Note to examiners:

- *Allowances should be made for those pupils with physical disabilities;*
- *The swim should be performed on the front or back in a controlled, continuous manner and should be stress free.*
- *Encouragement from the poolside should not be permitted.*
- *Other swimmers should not be allowed to swim alongside to encourage.*
- *Pupils should remain in the water after this stage and a short break is permitted before beginning test B.*

Water Test B

- **Tread water or float for a minimum of 30 seconds to include full rotation in a vertical or horizontal (face up position)**

Note to examiners:

- *A short break is permitted before continuing on to test C.*

Water Test C

- **Submerge the body completely under the water and surface to face the examiner.**

Note to examiners:

- *The body may be submerged feet or head first.*
- *The eyes should be open when the pupil surfaces.*
- *Pupils should not be allowed to hold on to the side of the pool.*
- *The test must be done away from the pool edge.*

National Curriculum Water Safety Award

The aim of these tests are to assess the knowledge and skills relating to water safety, appropriate to pupils to the end of key stage 2, whereby it is stated in the National Curriculum that: *Pupils should be taught the principles and skills of water safety and survival.*

The assessment is in three sections – a question and answer sheet, work cards and a practical test which can be land or pool based.

Pupils are required:-

- To demonstrate an understanding of the water safety code
- To be able to identify dangerous locations
- To explain the dangers of water
- To know how to behave near water
- To identify the dangers to themselves
- To identify the dangers in the local environment
- To know how to summon assistance
- To know how to access and respond while maintain their own safety
- To demonstrate on land or in the pool environment a reaching rescue
- To demonstrate on land, or in the pool environment a throwing rescue
- To be able to identify other activities where the ability to swim is important
- To explain the dangers of cold water – in the following locations

The house, an open environment e.g. river or lakes etc and in a closed environment e.g. pool.

School Speed Awards

The School speed award covers all four strokes with Gold, Silver and Bronze Award categories.

The qualification table is detailed here. Strokes, starts, turns and finishes should be in accordance with the ASA laws.

Please note that achievement of a Schools Gold Speed Award indicates that a swimmer is certainly of a club standard, and so could be encouraged to join a swim club for further development.

Teachers should be aware of the dangers of diving into shallow water.

Test Times

	Billericay 1 Length	Godmanchester 1 Length	Stanway 1 Length
BRONZE			
Front Crawl	23.5	16.3	16.3
Back Stroke	27.0	18.8	18.8
Breaststroke	29.4	20.7	20.7
Butterfly	25.6	17.9	17.9
SILVER			
Front Crawl	21.0	14.6	14.6
Back Stroke	24.7	17.2	17.2
Breaststroke	27.2	19.1	19.1
Butterfly	23.2	16.2	16.2
GOLD			
Front Crawl	18.3	12.8	12.8
Back Stroke	21.5	15.1	15.1
Breaststroke	23.8	16.7	16.7
Butterfly	20.3	14.1	14.1

National Plan – Stages 1 to 7

ALL STAGES - Where participants are physically unable to ever achieve an outcome listed, the award should be granted based on the achievement of the remaining outcomes or a suitable adaptation to meet the needs of the individual.

Stage 1

By the end of this Stage participants will, with or without aids, equipment or support, be unable to:

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 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. Demonstrate an understanding of pool rules
12. Exit the water safely

Glossary Stage 1

- **“*”** There may be use of an assistant
- **“Move”** is defined as any means of moving around the pool with the feet on or off the bottom e.g. stepping, hopping, skipping or jumping
- Participant is at ease and at home with water being showered over head/face
- **“Support”** – Defined as a wall or another person
- **“Pool Rules”** – Participants assessed through Questions & Answers and/or by practically applying the pool rules.

Stage 2

By the end of this Stage participants will, with or without aids, equipment or support, be able to:

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 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

Glossary Stage 2

- Consider safety requirements regarding depth
- **“Rhythmically”** – Defined as inhalation & exhalation is of equal length, in a controlled manner
- **“Support”** – Defined as a wall of another person
- **“Travel”** – Defined as any means of moving independently around the pool with feet of the bottom, using arms and legs
- **“Upright position”** – Defined as either standing or vertical floating position

Stage 3

By the end of this Stage participants will, without support, be able to:

1. Jump in from poolside and submerge (min of 0.9m depth)
2. Sink, push away from wall on side and maintain a streamlined position
3. Push and glide on the front with arms extended and log roll on to back
4. Push and glide on the back with arms extended and log roll on to 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 – note if in deep water use a suspended 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

Glossary Stage 3

- Consider safety requirements regarding depth, and including bending knees on landing.
- **“Travel”** defined as any means of moving independently around the pool with feet off the bottom using arms and legs.
- If in deep water use a suspended object
- 3 responses to the water safety code are to include; “don’t go alone”, “Go with a friend” and “Tell someone where you are going”.
- Further details on the Water Safety Code can be found on www.lifesavers.org

Stage 4

By the end of this Stage participants will, without support, be able to:

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

Glossary Stage 4

- **“*”** use of different equipment can be used to explain sinking and floating (this can be a wet or dry activity)
- **“Tuck Float”** refers to a mushroom float
- Consider safety requirements regarding depth
- **“***”** Note: Equipment can be used to assist buoyancy
- **“Head first sculling”** refers to sculling action to be performed close to the hips with finger tips up, palms towards feet.
- **“Roll”** – Defined as log roll
- **“Swim”** - Defined as a recognised stroke. Refer to the ASA stroke standards if required

Stage 5

By the end of this Stage participants will, without support, be able to:

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 recognised Back stroke
7. Swim 10 Metres recognised Front crawl
8. Swim 10 meters recognised Breast stroke
9. Swim 10 metres recognised 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

Glossary Stage 5

- **“Feet first sculling”** refers to a sculling action performed close to the hips with finger tips down, palms towards head
- **“Stationary sculling”** refers to a sculling action performed close to the hips with pals flat, facing pool bottom
- **“*”** Swimmers can use different methods to achieve the skill including egg beater kick, which must be performed out of their standing depth.
- **“***”** If participants are in deep water, a vertical hang (feet above head) upside down will be deemed acceptable for assessment purposes.

Stage 6

By the end of this Stage participants will, without support, be able to:

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into Back stroke
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 Breast Stroke to include at least six rhythmical breaths
7. Swim Butterfly to include at least three 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

Glossary Stage 6

- **“Preparation for exercise”** - this may be a Q & A and answers given by the class must reflect the following answers: you must start by moving slowly, you must get warm, you can stretch, you must not eat within 1 hour or more of coming swimming, kit is required etc.
- **“*”** a minimum requirement of T-shirt and shorts, pyjamas are preferable
- **“Rhythmical breathing”** refer to Front crawl as bilateral or unilateral, Breaststroke as exhaling during the arm recovery/ inhaling at any stage of the arm pull, and during Butterfly, swimmers are encouraged to breathe every two strokes
- **“Shout Signal and Rescue”** – requires the swimmer (on poolside) to raise the alarm (shout for adult help) and then the swimmer (maintaining position on poolside must ‘shout and instruct’ the casualty (who is in the water) and ‘give guidance’ to help the casualty get to the side of the pool safety. This must be done without making any contact with the casualty to avoid danger.
- **“Surface Dive”** – For assessment head first or feet first can be assessed.

Stage 7

By the end of this Stage participants will, without support, be able to:

1. Swim 25 metres Backstroke
2. Swim 25 metres Front crawl
3. Swim 25 metres Breast stroke
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- head first, feet first; rotation – forward/backward somersault, log roll; Floating – star on the front /on the back, tuck float, create own; Egg beater –moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. Swim 100 metres, using 3 different strokes
9. Tread water using eggbeater action for 30 seconds
10. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout

Glossary Stage 7

- **“Sculling”** refers to a sculling action performed close to the hips with either feet first action – finger tips down, palms towards head, or head first action – finger tips up, palms towards feet.
- **“Tuck Float”** refers to a mushroom float
- Consider safety requirements regarding depth and ability for diving in
- **“100 Metres / Minimum of 3 Strokes”** – requires a swimmer to complete a full length before changing strokes
- **“Eggbeater action”** refers to an alternate breast stroke leg kick whilst maintaining high knee position
- **“Obstacle course”**- Teacher to ensure that the obstacle course gives the participants the opportunity to go under, over, round and through equipment within consideration to health and safety