

Stage One	Stage Two	Stage Three	Stage Four	Stage Five	Stage Six
Enter the water safely	Jump in from poolside safely	Jump in from poolside and submerge	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating	Perform a flat stationary scull on the back	Give two examples of how to prepare for exercise and understand why it is important
Move forward for a distance of 5 metres, feet may be on or off the floor	Blow bubbles a minimum of three times rhythmically with nose and mouth submerged	Sink, push away from the wall on side and maintain a streamlined position	Push and glide from the wall to the pool floor	Perform a feet first sculling action for 5 metres in a flat position on the back	Sink, push off on side from the wall, glide, kick and rotate into Backstroke
Move backwards for a distance of 5 metres, feet may be on or off the floor	Move from a flat floating position on the back and return to standing without support	Push and glide on your front with arms extended and log roll onto the back	Kick 10m Backstroke (one item of equipment optional)	Perform a sculling sequence with a partner for 30 – 45 seconds to include a rotation	Sink, push off on side from the wall, glide, kick and rotate into Front crawl
Move sideways for a distance of 5 metres, feet may be on or off the floor	Move from a flat floating position on the front and return to standing without support	Push and glide on your back with arms extended and log roll onto the front	Kick 10m Front crawl (one item of equipment optional)	Tread water for 30 seconds	Swim 10 metres wearing clothes
Scoop the water and wash your face	Push from a wall and glide on the back – arms can be by the side or above the head	Travel 5 metres on the front, perform a tuck to rotate onto your back and return on the back	Kick 10m Butterfly on your front or back	Perform three different shaped jumps into deep water	Push and glide and swim front crawl to include at least six rhythmical breaths
Be comfortable with water showered over head	Push from wall and glide on your front with arms extended	Fully submerge to pick up an object	Kick 10m Breaststroke on your back (one item of equipment optional)	Push and glide and swim 10 metres Backstroke (performed to Swim England expected standards)	Push and glide and swim Breaststroke to include at least six rhythmical breaths
Move from a flat floating position on the back and return to standing	Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment	Correctly identify three of the four key water safety messages*	Perform a head first sculling action for 5 metres in a flat position on the back	Push and glide and swim 10 metres Front crawl (performed to Swim England expected standards)	Push and glide and swim Butterfly to include at least six rhythmical breaths
Move from a flat floating position on the front and return to standing	Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment	Push and glide and travel 10 metres on the back	Travel on your back and log roll in one continuous movement onto front	Push and glide and swim 10 metres Breaststroke (performed to Swim England expected standards)	Push and glide and swim Backstroke to include at least six regular breaths
Push and glide in a flat position on the front from a wall	Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing	Push and glide and travel 10 metres on the front	Travel on your front and log roll in one continuous movement onto back	Push and glide and swim 10 metres Backstroke (performed to Swim Butterfly expected standards)	Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).
Push and glide in a flat position on the back from a wall	Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing	Perform a tuck float and hold for 3 seconds	Push and glide and swim 10 metres, choice of stroke is optional	Perform a handstand and hold for a minimum of three seconds	Perform a 'shout and signal' rescue
Give examples of two pool rules	Perform a log roll from the front to the back	Exit the water without using the steps		Perform a forward somersault	Perform a surface dive
Exit the water safely	Perform a log roll from the front to the back			Demonstrate an action for getting help	
	Exit the water without support		Swim 10m (choice of stroke is optional)		

*1. Always swim in a safe place. 2. Always swim with an adult. 3. If you fall in, float, breathe, relax. 4. If someone else in trouble call 999/112