

Swim England Learn to Swim Stages 7-10 including Water Polo

Below you can find the objectives for each stage of the Swim England Learn to Swim Stage 7-10 Awards. Water polo awards 1-3 are equivalent to levels 8-10.

Stage 7 All disciplines

By completing this Award you will be able to:

1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:
Sculling: head first, feet first
Rotation: forward or backward somersault, log roll
Floating: star on the front or on the back, tuck float, create own
Eggbeater: Moving, lifting one or both arms out of the water
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.

Stage 8 Water Polo Level1 Award

By completing this Award, learners should be able to perform:

1. Tread water vertically and comfortably for 30 seconds, using eggbeater kick.
2. Maintain a vertical position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
3. Maintain a horizontal position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
4. Perform 5 metre horizontal lateral slides, to the right, return to centre and then left and return to centre.
5. Swim 5 metres head up front crawl.
6. Swim forwards 5 metres whilst controlling a ball in front.
7. In vertical eggbeater, pick up the ball from underneath the surface with alternate hands into a throwing position.
8. Hold a tripod position, with a ball, for 30 seconds.
9. Play a simple water polo game, score by placing ball on the side of the pool and demonstrate skills learnt during this stage.

Stage 9 Water Polo Level 2 Award

1. Swim 5 metres head up front crawl, change direction 90 degrees left, swim 5 metres change direction 90 degrees right.
2. Swim 5 metres head up front crawl, change direction through 180 degrees, swim 5 metres.
3. Swim 5 metres water polo backstroke.
4. Swim 5 metres water polo head up front crawl, turn onto back, continue in same direction for 5 metres and turn back onto front and swim 5 metres.
5. Swim 5 metres head up front crawl with breaststroke legs.
6. Pass and catch a ball accurately with a partner, with one hand, over a 3 metre distance while maintaining a strong body position.
7. Swim 10 metres head up front crawl, receive a ball on the water, and continue to swim whilst controlling the ball.
8. Swim 5 metres with a ball, pass ball to target, and continue to swim 5 metres.
9. Pick up a ball, shoot at a target from a 2 metre distance and repeat five times. The target may be a player, kick board, plastic bottles, etc.
10. Play a simplified water polo game, score by hitting a target on the side of the pool or some other adaptation and demonstrate skills learnt during this stage and in Learn to Swim Stage 8 Water Polo.

Stage 10 Water Polo Level 3 Award

By completing this Award, learners should be able to perform:

1. Swim 5 metres, receive a ball on the water, control the ball in front for 5 metres, change direction one way, swim 5 metres, change direction the opposite way, swim 5 metres and then pass to a partner.
2. Pick up a ball, shoot at a target five times from a 2 metre distance, using an off-water shot. The target may be a kick board, plastic bottles, a player or into a goal.
3. Jump vertically, sideways and forwards.
4. Jump ½ turn and pass ball while on back.
5. Marking during game-play situation.
6. Understand concepts of long walking and short walking and when to apply in a game situation.
7. Play a water polo game, with full rules and goals, and demonstrate skills learnt during this stage and in Learn to Swim Stages 8 and 9 Water Polo, showing good technique throughout.