

Learn to Swim Stage 4

Ratio 1:12

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by Swim England (Swim England Expected Standards).

Outcomes

By completing this Award, without floatation equipment or support, learners will be able to:

1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 25 metres, choice of stroke is optional.