

Learn to Swim Stage 5

Ratio 1:12

Developing technique through sculling and treading water skills, completing rotation and also performing all strokes to the Swim England Expected Standards.

Outcomes

By completing this Award, learners will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position 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 three different shaped jumps into deep water.
6. Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
10. Swim 50 metres continuously choice of stroke.
11. Perform a handstand and hold for a minimum of three seconds.
12. Perform a forward somersault.
13. Demonstrate an action for getting help