

Learn to Swim Stage 7

Ratio 1:12

Developing quality stroke technique up to 200 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills learned throughout Stages 1-7. All strokes to be swim with correct underwater starts.

Outcomes

By completing this Award, learners 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 dive.
7. Push and glide and swim 100 metres continuously using one stroke (performed to Swim England expected standards].
8. Push and glide and swim 200 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.