

## ESC Acton Group Criteria

### Group: Starfish

#### Outcomes:

1. Jump in from poolside safely and exit the water without support.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push and glide on the back - arms can be by the side or above the head.
6. Push and glide on the front with arms extended.
7. Kick on back using an effective/correct flutter kick for 10m without using a float.
8. Kick on front using an effective/correct flutter kick for 10m without using a float.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.

#### Introduce:

1. Push and glide and swim single arm front crawl breathing to the side without the use of a floatation device.
2. Push and glide and swim 1 length backstroke.

### Group: Seahorse

#### Outcomes:

1. Jump in from poolside and submerge.
2. Sink, push and glide away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Push and glide and swim 1 length backstroke without standing.
8. Push and glide and swim 1 length front crawl without standing.
9. Perform a tuck float and hold for three seconds.
10. Exit the water without using steps.

#### Introduce:

1. Kick 1 length breaststroke on the front with or without floatation device.
2. Complete backstroke underwater phase in a streamlined position.
3. Complete front crawl underwater phase in a streamlined position.

# ESC Acton Group Criteria

## Group: Goldfish

### Outcomes:

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. Perform a head first sculling action for 5 metres in a flat position on the back.
4. Travel on back and log roll in one continuous movement onto front.
5. Travel on front and log roll in one continuous movement onto back.
6. Kick 1 length backstroke.
7. Kick 1 length front crawl.
8. Kick 1 length butterfly on the front or on the back.
9. Kick 1 length breaststroke on the front with or without flotation device.
10. Push and glide and swim 1 length; choice of stroke is optional.

### Introduce:

1. Swim 1 length breaststroke with good timing.
2. Perform a forward somersault.
3. Swim in to the wall and perform a tucked forward somersault and push off from the wall in a streamlined position.
4. Complete butterfly underwater phase in a streamlined position.

## Group: Rainbowfish

### Outcomes:

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. Tread water for 30 seconds.
4. Perform three different-shaped jumps into deep water.
5. Perform a handstand and hold for a minimum of three seconds.
6. Swim in to the wall and perform a tucked forward somersault and push off from the wall in a streamlined position.
7. Sink, push and glide and swim 1 length backstroke (performed to Swim England expected standards).
8. Sink, push and glide and swim 1 length front crawl (performed to Swim England expected standards).
9. Sink, push and glide and swim 1 length breaststroke (performed to Swim England expected standards).
10. Sink, push and glide and swim 1 length butterfly (performed to Swim England expected standards).

### Introduce:

1. Swim in to the wall on your back and perform a tucked forward somersault and push off from the wall in a streamlined position on your back.

2. Perform a tucked backward somersault.
3. Introduce breaststroke underwater phase in a streamlined position.
4. Sink, push and glide and swim 25 metres backstroke.
5. Sink, push and glide and swim 25 metres front crawl.

## ESC Acton Group Criteria

### Group: Dolphins

#### Outcomes:

1. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
2. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
3. Perform a breaststroke underwater phase in a streamlined position.
4. Sink, push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
5. Sink, push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
6. Sink, push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
7. Sink, push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
8. Swim using correct lane etiquette.
9. Perform a surface dive.
10. Perform a kneeling dive and glide for 5m.

#### Introduce

1. Perform a backstroke turn.
2. Perform a front crawl turn.
3. Perform a breaststroke turn.
4. Perform a butterfly turn.

### Group: Minnows

#### Outcomes:

1. Perform a backstroke turn from 10 metres in to 15 metres out.
2. Perform a breaststroke turn from 10 metres in to 15 metres out.
3. Perform a butterfly turn from 10 metres in to 15 metres out.
4. Perform a front crawl turn from 10 metres in to 15 metres out.
5. Perform a standing dive from the poolside and complete underwater phase and transfer into stroke.
6. Perform a backstroke start using the side.
7. Be aware of the pace clock.
8. Kick 25m on each stroke with/without using a board.
9. Complete a set lasting 200m on a specific turn around time set by the coach.

#### Introduce

1. Fly to backstroke turn.
2. Backstroke to breaststroke turn.

### 3. Breaststroke to freestyle turn.

## ESC Acton Group Criteria

### Group: Herrings

#### Outcomes:

1. Swim a continuous 100 individual medley using legal turns.
2. Kick 50m on each stroke with/without using a board.
3. Perform a standing dive from the block and complete underwater phase and transfer into stroke.
4. Perform a backstroke start, then butterfly kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.
5. Perform a front crawl start, then kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.
6. Perform a butterfly start, then kick in a streamlined position up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.
7. Perform a breaststroke start, then perform a one and a half pull underwater. Transfer into stroke and complete the remainder of the 25 metres.
8. Complete a set lasting 400m on a specific turn around time set by the coach using the pace clock.
9. Swim continuously 400m using one stroke.
10. 8 by 25m timed sprints maintaining good technique.

### Group: Seals

#### Outcomes:

1. Complete all turns using correct underwater phases.
2. Swim a continuous 200 Individual Medley using legal turns.
3. Perform a dive from the block and complete underwater phase and transfer into stroke.
4. Perform a front crawl relay take over - as an incoming swimmer.
5. Perform a front crawl relay take over - as an outgoing swimmer.
6. Perform 25m head first and feet first sculling.
7. Tread water using eggbeater action for 30 seconds.
8. Complete a set lasting 1000m on a specific turn around time set by the coach using the pace clock.
9. 8 by 100m f/c maintaining times with reduced rest.

Group: Piranhas      Criteria: Achieved Seals outcomes and 13 & under

Group: Marlins

Criteria: Achieved Seals outcomes and 14 & over