



# Ealing Swimming Club

## Northolt Phoenix Learn to Swim

### Sharks – Stage FSA Syllabus

#### Class Criteria

1. Push and glide on back and hold glide for three seconds.
2. Push and glide on front and hold glide for three seconds.
3. Perform a backstroke start.
4. Perform a front crawl start.
5. 30 metres backstroke kicking, with one small float, whilst maintain correct head and body position.
6. 30 metres front crawl kicking, with one small float, whilst breathing into water and then lifting/turning head to breathe in.
7. Kick 30 metres breaststroke kicking on the back, with a woggle/noodle, and including a glide after each kick.
8. Kick 30 metres breaststroke kicking on the front, with a woggle/noodle, and including a glide after each kick.
9. Push and glide and kick 20 metres butterfly on the front or the back.
10. Demonstrate correct technique during backstroke practices, across 30 metres, whilst kicking and including arm pulls.
11. Demonstrate correct technique during front crawl practices, across 30 metres, whilst kicking and turning to the side to breathe.
12. Demonstrate correct technique during front crawl practices, across 30 metres, whilst kicking, turning to the side to breathe and including arm pulls.
13. Demonstrate correct technique during breaststroke practices, across 15 metres, whilst kicking, using correct timing and including arm pulls.
14. Demonstrate correct arm technique for butterfly whilst standing.
15. Demonstrate correct technique during butterfly practices, across 15 metres, whilst kicking, breathing correctly and including arm pulls.
16. Perform a somersault.
17. Take part in races (single, partner and team).
18. Concentrate, listen and carry out instructions given consistently during sessions.

#### Assessment Criteria

1. Push and glide and kick 30 metres backstroke, arms either by sides or streamlined.
2. Push and glide and kick 30 metres front crawl, with arms streamlined and breathing regularly.
3. Push and glide/perform a backstroke start, and swim 30 metres full stroke backstroke.\*
4. Push and glide/perform a front crawl start, and swim 30 metres full stroke front crawl. \*\*
5. Push and glide/perform a breaststroke start and swim 30 metres full stroke breaststroke. \*\*\*

6. Push and glide/perform a butterfly start and swim 15 metres full stroke butterfly. \*\*\*\*
7. Push and glide/perform correct stroke start and swim 60 metres of either full stroke front crawl or full stroke backstroke.
8. Perform correct touches for all four strokes.
9. Concentrate, listen and carry out instructions given consistently during assessments.

#### Awards

1. \* If achieved a Rainbow Distance 30 metres Backstroke will be awarded to the swimmer.
2. \*\* If achieved a Rainbow Distance 30 metres Front Crawl will be awarded to the swimmer.
3. \*\*\* If achieved a Rainbow Distance 30 metres Breaststroke will be awarded to the swimmer.
4. \*\*\*\* If achieved a Rainbow Distance 15 metres Butterfly will be awarded to the swimmer.
5. An ESC –Northolt Phoenix Stage FSA will be awarded if the criteria from both sections above is completed.

Note – Swim England Reference – Children with disabilities can work through the same Swim England awards but will be exempt from some skills where he/she is physically unable to achieve them.