



Ealing Swimming Club

Northolt Phoenix Learn to Swim

Penguins – Stage One Syllabus

Class Criteria

1. Enter the water using steps.
2. Enter the water using a swivel entry.
3. Move forwards, sideways and backwards through the water, for 5 metres with support.
4. Put chin on the water and blow bubbles.
5. Enjoy exploring the water.
6. Kick legs, on front, with a woggle.
7. Kick legs, on back, with a woggle.
8. Kick legs, on front, whilst face is in the water blowing bubbles, with a woggle.
9. Kick legs, on front, with two small floats.
10. Kick legs, on back, with two small floats.
11. Lie back and float on back, with/without support.
12. Lie forwards, with face in and float on front, with/without support.
13. Push and glide to wall on front.
14. Concentrate, listen and carry out instructions given consistently during sessions.

Assessment Criteria

1. Enter the water safely.
2. Move forwards for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Put face in the water and blow out bubbles.
7. Be comfortable with water showered from overhead.
8. 5 metres front crawl kicking with a woggle/ 2 small floats. *
9. 5 metres backstroke kicking with a woggle/ 2 small floats. *
10. Kick legs, on front, whilst face is in the water blowing bubbles, with one small float.
11. Kick legs on back with one small float.

12. Move from a flat floating position on the front and return to standing, with/without floats.
13. Move from a flat floating position on the back and return to standing, with/without floats.
14. Push and glide in a flat position on the front from a wall.
15. Push and glide in a flat position on the back from a wall, arms by sides/streamlined.
16. Give two examples of pool rules.
17. Exit the water safely.
18. Concentrate, listen and carry out instructions given consistently during assessments.

Awards

1. *If either or both are achieved – a Puffin Badge will be awarded to the swimmer.
2. A Swim England Stage One 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.