



Ealing Swimming Club

Northolt Phoenix Learn to Swim

Jellyfish – Stage Two Syllabus

Class Criteria

1. Enter the water using a swivel entry.
2. Jump into the water
3. Perform a star float on front.
4. Perform a star float on back.
5. Perform a pencil float on front.
6. Perform a pencil float on back.
7. 5 metres front crawl kicking with one small float, breathing into the water and lifting head up to breathe in.
8. 5 metres backstroke kicking with one small float.
9. Demonstrate correct technique during front crawl practices, including arm pulls, kicking and breathing exercises.
10. Demonstrate correct technique during backstroke practices, including arm pulls and kicking exercises.
11. Take part in class games appropriately.
12. Concentrate, listen and carry out instructions given consistently during sessions.

Assessment Criteria

1. Jump in from poolside safely to a minimum depth of 1 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back (floating for 5 seconds) and return to standing without support.
4. Move from a flat floating position (floating for 5 seconds) on the front and return to standing without support.
5. Push from a wall and glide on the back.
6. Push from a wall and glide on the front.
7. Swim 5 metres backstroke kicking, arms by sides.
8. Swim 5 metres full stroke backstroke, with arms straight and clearing the water. *
9. Swim 5 metres front crawl kicking, arms in streamlined position, whilst breathing into the water and lifting head when breathing in.

10. Swim 5 metres full stroke front crawl, with arms cleating the water, whilst breathing into the water and lifting head/turning to the side to breathe in. **
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.
14. Concentrate, listen and carry out instructions given consistently during assessments.

Awards

1. * If achieved a Rainbow Distance 5 metres Backstroke will be awarded to the swimmer.
2. ** If achieved a Rainbow Distance 5 metres Front Crawl will be awarded to the swimmer.
3. A Swim England Stage Two 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.