

## National Plan for Teaching Swimming

The National Plan for Teaching Swimming is a comprehensive, integrated, progressive teaching programme based upon sound technical and educational principles designed to be used by qualified swimming teachers.

The National Plan for Teaching Swimming aims to provide a template for Learn to Swim schemes to follow and provide a standard reference for those responsible for planning swimming programmes.

The plan comprises of three main elements:

- Skill Development
- Stroke Development
- Understanding & Awareness



 London Borough  
of Hounslow

### Further Information

For more information please contact us:

**Heston Pool**  
Heston Road, Heston  
Middlesex TW5 0LW

**Brentford Fountain Leisure Centre**  
658 Chiswick High Road,  
Brentford,  
Middlesex TW8 0HJ

**New Chiswick Pool**  
Edensor Road, Chiswick  
London W4 2RG

**Isleworth Recreation Centre**  
Twickenham Road  
Isleworth,  
Middlesex TW7 7EU

**Feltham Airparcs Leisure Centre**  
Uxbridge Road,  
Hanworth,  
Middlesex TW13 5EG



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## Swimming Lesson Standards



Telephone: 0845 456 6675\*\*  
[www.hounslow-leisure.com](http://www.hounslow-leisure.com)

\*\*Calls from BT max 5ppm, other providers may vary



## Swimming Lesson Standards

Our Swim Development classes are the FUNdamental Sports Skill stages of the ASA National Plan.

During the Swim Development stages, children will be given the opportunity to work towards the criteria for stages 8-10 competitive swimming. Additional higher stage disciplines will be included in the programme of study to include Diving, Polo, Rookie Lifeguard and Synchronised Swimming.

Due to the multi discipline programme of study at this level, we fully expect swimmers to remain in the classes over a number of terms.



Stage / Class	Learning Aims and Objectives	Awards to be gained at this Stage / Class
<b>Swim Development 1</b>	During this stage, swimmers will be given the opportunity to achieve the stage 8 awards in a number of aquatic disciplines to include competitive swimming, water polo, diving, synchro and Rookie Lifeguard.	<ul style="list-style-type: none"> <li>National Plan Stage 8 Competitive Swimming</li> <li>National Plan Stage 8 Diving</li> <li>National Plan Stage 8 Water Polo</li> <li>National Plan Stage 8 Diving</li> <li>Rookie Bronze Stage 1</li> <li>200m</li> <li>400m</li> <li>Water Skills Grade 5</li> <li>Personal Survival Stage 2</li> <li>Swim Challenge Bronze</li> </ul>
<b>Swim Development 2</b>	During this stage, swimmers will be given the opportunity to achieve the stage 9 awards in a number of aquatic disciplines to include competitive swimming, water polo, diving, synchro and Rookie Lifeguard.	<ul style="list-style-type: none"> <li>National Plan Stage 9 Competitive Swimming</li> <li>National Plan Stage 9 Diving</li> <li>National Plan Stage 9 Water Polo</li> <li>National Plan Stage 9 Diving</li> <li>Rookie Bronze Stage 2</li> <li>600m</li> <li>800m</li> <li>Water Skills Grade 6</li> <li>Pre-Competition Development Level 1</li> <li>Pre-Competition Development Level 2</li> <li>Swim Challenge Silver</li> </ul>
<b>Swim Development 3</b>	During this stage, swimmers will be given the opportunity to achieve the stage 10 awards in a number of aquatic disciplines to include competitive swimming, water polo, diving, synchro and Rookie Lifeguard.	<ul style="list-style-type: none"> <li>National Plan Stage 10 Competitive Swimming</li> <li>National Plan Stage 10 Diving</li> <li>National Plan Stage 10 Water Polo</li> <li>National Plan Stage 10 Diving</li> <li>Rookie Bronze Stage 3</li> <li>1000m</li> <li>1500m</li> <li>1 mile</li> <li>Swim Challenge Gold</li> <li>Swim Challenge Honours</li> </ul>

## Swimming Lesson Standards

**CHILDREN** Our Marine Animal stages follow the FUNdamental Movement Skills of the ASA National Plan.

To ensure that children progress at the rate that is comfortable and achievable to each individual; swimmers will need to remain in a stage for a number of terms to complete each criteria to the standard expected.

Stage / Class	Learning Aims and Objectives	Awards to be gained at this Stage / Class
<b>1 – Starfish</b>	During this stage, children will develop basic safety awareness and become familiar with the “class” scenario as well as basic movement and water confidence skills. Swimmers may use buoyancy aids at this stage and will be assessed and expected to achieve 13 learning outcomes with or without aids, equipment or support. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 1</li> <li>Puffin 5m</li> </ul>
<b>2 – *Piranha</b>	During this stage, children will develop safe entries into the water, including jumping in. They will also develop basic floating, travel and rotation unaided to regain upright positions. Travel on the front and back will be developed to cover a distance of 5 metres. Swimmers may use aids at this stage and will be assessed and expected to achieve 10 learning outcomes with and without aids, equipment or support. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 2</li> <li>Water Skills Grade 1</li> </ul>
<b>3 – *Stingray</b>	During this stage, children will further develop safety entries, floating, rotating, water safety knowledge and submerging skills. Travel on the front and back will be developed to cover a distance of 10 metres. Swimmers will be assessed without the use of aids or support at this stage and will be expected to achieve 9 learning outcomes. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 3</li> <li>Preliminary Safety Award</li> </ul>
<b>4 – *Barracuda</b>	During this stage, children will develop their understanding or buoyancy through a range of skills as well as refining the kicking technique for all strokes and swimming 10 metres to the standards as directed by the ASA. Swimmers will be assessed and expected to achieve 12 learning outcomes. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 4</li> <li>Water Skills Grade 2</li> </ul>
<b>5 – *Dolphin</b>	During this stage, children will develop “watermanship” through sculling, treading water and complete rotation. All four strokes must be performed to the standards as directed by the ASA and within the NPTS resources. Swimmers will be assessed and expected to achieve 12 learning outcomes. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 5</li> <li>10 – 15m Front Crawl</li> <li>10 – 15m Back Crawl</li> <li>10 – 15m Breaststroke</li> <li>10 – 15m Butterfly</li> </ul>

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Stage / Class	Learning Aims and Objectives	Awards to be gained at this Stage / Class
<b>6 – *Killerwhale</b>	During this stage, children will develop effective swimming skills, including coordinated breathing across all strokes, plus swimming a distance of 25 metres. Children will further develop their knowledge and understanding of water safety and preparation for exercise. Swimmers will be assessed and expected to achieve 11 learning outcomes. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 6</li> <li>20 – 25m Front Crawl</li> <li>20 – 25m Back Crawl</li> <li>20 – 25m Breaststroke</li> <li>20 – 25m Butterfly</li> <li>Water Skills Grade 3</li> </ul>
<b>7 – *Shark</b>	During this stage children will be developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and successfully complete an obstacle course that combines a variety of skills accomplished throughout stages 1-7. Swimmers will be assessed and expected to achieve 10 outcomes. These must be achieved confidently and consistently before progressing to the next stage.	<ul style="list-style-type: none"> <li>National Plan Stage 7</li> <li>50m</li> <li>100m</li> <li>Personal Survival Level 1</li> <li>Water Skills Grade 4</li> </ul>

\*Enrolment to these classes is subject to an assessment by one of our teachers to ensure that the child is in the correct class based on their stroke technique and water skills competency.

### YOUNGER CHILDREN

These classes are designed to promote water confidence using a range of fun activities:

<b>Adult &amp; Baby</b>	6 months to 18 months. Adult is expected to enter the water. Aiming to improve the adult's confidence in handling their children safely in the water and to familiarise the children with the pool environment.
<b>Adult &amp; Toddler</b>	18 months to 3 years. Adult is expected to enter the water. Details as per course above.
<b>Adult &amp; Under 5's Beginners</b>	3 years to 5 years. Adult is expected to enter the water.

### ADULT LESSONS

<b>Beginner</b>	Non-swimmers with little or no water confidence, aiming to improve confidence in the water and swimming front and back crawl.
<b>Improver</b>	Adult must be able to swim a minimum of 10m on their front or back of a recognised stroke. Aiming to improve technique on front and back with an introduction to breaststroke, improving stamina and endurance.
<b>Water Skills</b>	Adult must be able to swim 25m of two recognised strokes and 10m of a third stroke. Aiming to increase stamina and improve technique with an introduction to starts, turns, diving, sprints and endurance (personal survival subject to demand).