



BRADFIELD COLLEGE ENTERPRISES

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Bradfield Sports Complex Junior Swimming Lessons Stage 1-10 criteria

Stage 1

1	Enter the water safely
2	Move forwards for a distance of 5m
3	Move backwards for a distance of 5m
4	Move sideways for a distance of 5m
5	Scoop water and wash face
6	Move into a flat floating position on back and return to standing
7	Be at ease with water showered over head
8	Move into a flat floating position on front and return to standing
9	Push and glide on front from a wall
10	Push and glide on back from a wall
11	Give examples of 2 pool rules
12	Exit water safely

Stage 2

1	Jump in from poolside safely
2	Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3	Regain upright position from the back without support
4	Regain an upright position from the front without support
5	Push from wall and glide on back
6	Push from wall and glide on the front
7	Travel on the back for 5m, aids or equipment may be used
8	Travel on the front for 5m, aids or equipment may be used
9	Perform a rotation from front to back to gain upright position
10	Perform a rotation from back to front to gain upright position
11	Perform a log roll to the front to the back
12	Exit water without support



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Stage 3

1	Jump in from poolside and submerge (min depth. 1.0m)
2	Sink, push away from wall on side and maintain a streamlined position
3	Push & glide on the front with arms extended and log roll onto the back
4	Push & glide on the back with arms extended and log roll onto the front
5	Travel 5m on front, perform a tuck to rotate onto back and return on the back
6	Fully submerge to pick up an object
7	Answer correctly 3 questions on the Water Safety Code
8	Push and glide and travel 10m on the back
9	Push and glide and travel 10m on the front
10	Perform a tuck float and hold for 3 seconds
11	Exit water without using steps

Stage 4

1	Perform a sequence of changing shapes(min 3) while floating and demonstrate an understanding of floating
2	Push and glide from the wall to the pool floor
3	Kick 10m Backstroke (1 item of equipment optional)
4	Kick 10m Front Crawl (1 item of equipment optional)
5	Kick 10m Butterfly on front or back
6	Kick 10m Breaststroke on front
7	Perform a head-first sculling action on the back for 5m in a flat position
8	Travel on the back and log roll in one continuous movement onto front
9	Travel on the front and log roll in one continuous movement onto back
10	Push and glide and swim 10m- choice of stroke is optional
11	Front Crawl 10m
12	Back Stroke 10m

Stage 5

1	Perform a horizontal stationary scull on the back
2	Perform a feet first sculling action for 5m on back
3	Perform a sculling sequence with partner for 30-45 seconds to inc. a rotation
4	Tread water for 30 seconds
5	Perform 3 different shaped jumps into deep water
6	Push and glide and swim 10m Backstroke (swim England standard)
7	Push and glide and swim 10m Front Crawl (swim England standard)
8	Push and glide and swim 10m Breaststroke (swim England standard)
9	Push and glide and swim 10m Butterfly (swim England standard)
10	Perform a handstand and hold for minimum 3 seconds
11	Perform a forward somersault, tucked, in the water
12	Demonstrate an action for getting help

Stage 6

1	Give two examples of how to prepare for exercise and why it is important
2	Sink, push off on side from wall, glide, kick and rotate into Backstroke
3	Sink, push off on side from wall, glide, kick and rotate into Front Crawl
4	Swim 10m with clothes on
5	Push and glide and swim Front Crawl to inc. at least 6 rhythmical breaths
6	Push and glide and swim Breaststroke to inc. at least 6 rhythmical breaths
7	Push and glide and swim Butterfly to inc. at least 3 rhythmical breaths
8	Push and glide and swim Backstroke to inc. at least 6 rhythmical breaths
9	Push and glide and swim 25m, stroke optional (swim England standard)
10	Perform a 'shout and signal' rescue
11	Perform a surface dive

Stage 7

1	Push and glide and swim 25m Front Crawl (Swim England Standard)
2	Push and glide and swim 25m Breaststroke (Swim England Standard)
3	Push and glide and swim 25m Butterfly (Swim England Standard)
4	Push and glide and swim 25m Backstroke (Swim England Standard)
5	Perform a 1 minute sequence, in a group of 3+, incorporating: sculling, rotation, floating, eggbeater
6	Perform a sitting dive
7	Push and glide and swim 50m continuously using 1 stroke (SE standard)
8	Push and glide and swim 100m using minimum 3 strokes (SE standard)
9	Tread water using egg beater action for 30 seconds
10	Complete an obstacle course (min 4 objects) with feet off bottom throughout

Stage 8

1	Complete a set lasting 400m (16x25m) on a specific turnaround time (e.g. 1 min for 25m) – focus on consistency and technique
2	Swim 400m continuously using 1 stroke
3	Push and streamline then kick 25m Butterfly with/without using a board
4	Push and streamline then kick 25m Backstroke with/without using a board
5	Push and streamline then kick 25m Breaststroke with/without using a board
6	Push and streamline then kick 25m Front Crawl with/without using a board
7	Perform a Backstroke turn from 10m in to 15m out
8	Perform a Breaststroke turn from 10m in to 15m out
9	Perform a Butterfly turn from 10m in to 15m out
10	Perform a Front Crawl turn from 10m in to 15m out

Stage 9

1	Complete a set lasting 800m (16x50m, 8x100m) on a specific turnaround time (e.g. 1.30 min for 50m) – focus on consistency and technique
2	Swim 800m continuously using 1 stroke
3	Swim a continuous 100m IM using legal turns with a focus on stroke technique and consistency
4	Perform a 15m underwater kick on the front from a push and glide in a streamlined position
5	Perform a Front Crawl start, underwater kick in a streamlined position underwater for a minimum 10m from the wall, transfer into stroke and complete 25m
6	Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m from the wall, transfer into stroke and complete 25m
7	Perform a Butterfly start, kick in a streamlined position for 10m from the wall, transfer into stroke and complete 25m
8	Perform a Breaststroke start, perform a 1 ½ pull underwater, transfer into stroke and complete 25m.

Stage 10

1	Complete a set lasting 1600m (16x100m, 8x200m) on a specific turnaround time (e.g. 2.30 min for 100m)
2	Swim 1500m continuously using 1 stroke
3	Perform a continuous 100m IM kick without using a kickboard
4	Swim a continuous 200m IM using recognised turns
5	Perform a Front Crawl relay takeover – as an incoming swimmer
6	Perform a Front Crawl relay takeover – as an outgoing swimmer