

Aqua Swimming Ltd
ASA Foundation Stage – Pre-School
Assessment Criteria

Children attending the Pre-School classes are to be assessed on the following criteria and must demonstrate that they have completed all the skills in **COMFORT** before moving to the next NPTS Level (FUNdamental Stage 1). Please note that swimmers who have completed the Foundation stage levels in COMFORT may be able to move directly to Beginner 2.

Pre-School Sessions –(For ages 3 to 4 years). Buoyancy aids may be used

level 1

1. Make a supervised entry into the water with assistance
2. Getting face wet without submersion
3. Blowing bubbles at the water surface
4. Able to exit water safely with adult assistance
5. Hold a floating position (front and back) with a buoyancy aid with adult assistance
6. Able to change direction using legs and arms

level 2

1. Make a sitting entry with adult support
2. Jump up and down and submerge face in the water.
3. Float on front or back without adult assistance
4. Travel 3 metres using arms and/or legs without assistance
5. Hold a torpedo shape in the water
6. Recognise objects underwater with goggles

level 3

1. Make a supervised jump to an adult with or without support
2. Blowing bubbles with the mouth underwater and face submerged
3. Show a frontcrawl type kick for 5 metres holding a float/buoyancy aid
4. Push from side and hold a torpedo shape for 2 metres
5. Float on front and back for 5 secs with adult assistance
6. Travel on the front and back without adult assistance
7. Recognise objects underwater without goggles

Swimmers who complete the Foundation Stage can then move on to the ASA FUNdamentals Stages 1 – 7 of the NPTS as follows:

Stage 1 – Beginner 1

Stage 2 – Beginner 2

Stage 3 – Intermediate 1

Stage 4 – Intermediate 2 (Basic Diving Skills to be introduced at this Stage)

Stage 5 – Improver 1

Stage 6 – Improver 2

Stage 7 – Improver 3/Aqua S.C

Swimmers must pass in COMFORT the outcomes listed at each stage of the National Plan