



Swim School Member



# NEW NPTS STAGES 1 - 10

Aqua Swimming has developed a 'Learn to Swim' programme which takes swimmers pre-school age through to a competitive club standard. The emphasis is to have fun in the water through recognised swimming practices ensuring that all those joining the programme learn a consistent level of skill at each stage of their personal development. The programme centres on three stages: Young Swimmers (Foundation; 3 to 4 years), Learn to Swim (FUNDamentals; 4 years to 8 years) and Club Swimmers (Fundamental Sports Skills; approx 8 years and older). The programme encompasses the ASA (Amateur Swimming Association) NPTS (National Plan for the Teaching of Swimming). The NPTS was first launched in 1997 and a revised plan (Sept 2007) has been introduced which takes swimmers from a beginner to advanced level developing a wide range of skills in the water.

The aim is to ensure that swimmers feel 'comfortable' at each stage of their development ensuring that the correct progression can be made whilst completing the National Plan. Each stage of the NPTS focuses on Entry & Exit to the water, Buoyancy & Balance, Rotation & Orientation, Streamlining, Aquatic Breathing, Travel & Coordination, Water Safety and Health & Fitness.

Aqua Swimming follows the NPTS from the Foundation Stages (Pre-School); 'Learn to Swim' level (Stages 1 – 7) through to club level swimmers (Stages 8 – 10) as follows:

## 1. Foundation Stage – Pre-School (3 – 4 years) buoyancy aids may be used

This is the programme for early year's water confidence for pre-school classes. The emphasis is upon development of basic motor skills and introduction to water and the swimming environment through fun and games.

## **2. FUNDamental Movement Skills, Stages 1 – 7:**

**Stage 1 (Beginner 1):** Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids e.g. arm bands, floats etc.

**Stage 2 (Beginner 2):** Developing safe entries into water including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

**Stage 3 (Intermediate 1):** Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

**Stage 4 (Intermediate 2):** Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

**Stage 5 (Improver 1):** Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to a given standard as directed by the ASA.

**Stage 6 (Improver 2):** Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

**Stage 7 (Improver 3/Swim Club):** Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

## **3. FUNDamental Sports Skills, Stages 8 – 10**

Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 – 7, the swimmer can focus on the development of competitive swimming techniques such as advanced skills for speed on all four strokes, starts, turns and following specified training sets and programmes.

# 1. Foundation Stage:

## YOUNG SWIMMERS:

### Pre – School : 3 – 4 years

Unaccompanied in the water by an adult and unable to swim without buoyancy aids or adult support.

**Aim:** Introduction to basic water skills helping the child to feel relaxed in the water. Buoyancy skills are developed on the front and back. Children participate in jumping up and down in the water, moving across the pool with or without buoyancy aids, jumping into chest depth water, and picking up a toy from shallow water. Children are encouraged to submerge in the water and demonstrate simple breathing practices.

#### Level 1

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

#### Level 2

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

#### Level 3

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

# 2. FUNdamental Movement Skills, Stages 1 - 7

## LEARN TO SWIM:

### Stage 1 (Beginner 1)

**Aim:** To develop confidence and introduce movement in the water for a distance of 5 metres with/without aids, equipment or support.

To complete Stage 1 of the NPTS participants will be able to complete in **comfort** the following skills (with or without aids, equipment or support):

- Enter the water safely
  - Move forward for a distance of 5 metres
  - Move backwards for a distance of 5 metres
  - Move sideways for a distance of 5 metres
  - Scoop the water and wash the face
  - Be at ease with water showered from overhead
  - Move into a stretched floating position using aids, equipment or support
  - Regain an upright position from on the back with support
  - Regain an upright position from on the front with support
  - Push & glide in a horizontal position to or from a wall
  - Take part in a teacher lead partner orientated game
  - Demonstrate an understanding of pool rules
  - Exit the water safely
- (13 Outcomes)

### Stage 2 (Beginner 2)

**Aim:** To develop further water confidence to travel 5 metres on the front or back with or without aids, equipment or support.

To complete Stage 2 of the NPTS participants will be able to complete in **comfort** the following skills (with or without aids, equipment or support):

- Jump in from poolside safely
  - Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
  - Regain an upright position from the back without support
  - Regain an upright position from the front without support
  - Push from wall & glide on the back
  - Push from wall & glide on the front
  - Travel on the front for 5 metres, aids or equipment may be used
  - Travel on the back for 5 metres, aids or equipment may be used
  - Perform a rotation from the front to back to gain an upright position
  - Perform a rotation from the back to the front to gain an upright position
- (10 outcomes)

### Stage 3 (Intermediate 1)

**Aim:** To develop confidence in travelling through the water without support for 10 metres on the front and back.

To complete Stage 3 of the NPTS participants will be able to complete in comfort the following skills (without support):

- Jump in from the poolside and submerge
  - Sink, push away from the wall on side and maintain a streamlined position
  - Push & glide on the front with arms extended and log roll onto the back
  - Push & glide on the back with arms extended and log roll onto the front
  - Travel on the front, tuck to rotate around the horizontal axis to return on the back
  - Fully submerge to pick up an object
  - Answer correctly 3 questions on the 'Water Safety Code'
  - Travel 10 metres on the back
  - Travel 10 metres on the front
- (9 Outcomes)

### Stage 4 (Intermediate 2)

**Aim:** To develop stroke technique on the front and back working towards swimming 10 metres to the **ASA Expected Standards** on one stroke.

To complete Stage 4, participants will be able to achieve in comfort the following skills:

- Demonstrate an understanding of buoyancy
- Perform a tuck float for 5 seconds
- Perform a sequence of changing shapes (min 3) while floating on the surface
- Push & glide from the wall to the pool floor
- Kick 10 metres Backstroke
- Kick 10 metres Frontcrawl
- Kick 10 metres Butterfly
- Kick 10 metres Breaststroke on the front
- Kick 10 metres Breaststroke on the back
- Perform on the back a head first sculling action for 5 metres in a horizontal position
- Travel on back and roll in one continuous movement onto front
- Travel on front and roll in one continuous movement onto back
- Swim 10 metres, own choice to **ASA Expected Standards**

(13 outcomes)

**NB: Basic diving skills will be introduced at this stage**

### Stage 5 (Improver 1)

**Aim:** To develop technique of Frontcrawl, Backstroke, Breaststroke and Butterfly, working towards swimming 10 metres to **ASA Expected Standards** on all four strokes.

To complete Stage 5, participants will be able to achieve in comfort, the following skills:

- Perform a horizontal stationary scull on the back
- Perform a feet first sculling action for 5 metres whilst horizontal on the back
- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
- Tread water for 30 seconds
- Perform 3 different shaped jumps into deep water
- Swim 10 metres Backstroke to **ASA Expected Standards**
- Swim 10 metres Frontcrawl to **ASA Expected Standards**
- Swim 10 metres Breaststroke to **ASA Expected Standards**
- Swim 10 metres Butterfly to **ASA Expected Standards**
- Perform a handstand and hold for a minimum of 3 seconds
- Perform a forward somersault, tucked, in the water
- Demonstrate an action for getting help

(12 Outcomes)

### Stage 6 (Improver 2)

**Aim:** To develop technique of Frontcrawl, Backstroke, Breaststroke & Butterfly working towards swimming 25 metres to **ASA Expected Standards** on all four strokes.

To complete Stage 6 participants will be able to achieve in comfort, the following skills:

- Demonstrate an understanding of preparation for exercise
- Sink, push off on side from the wall, glide, kick and rotate into Backstroke
- Sink, push off on side from the wall, glide, kick and rotate into Frontcrawl
- Swim 10 metres with clothes on
- Swim Frontcrawl to **ASA Expected Standards** to include at least six rhythmical breaths
- Swim Breaststroke to **ASA Expected Standards** to include at least six rhythmical breaths
- Swim Butterfly to **ASA Expected Standards** to include at least three rhythmical breaths
- Swim 25 metres, choice of stroke to **ASA Expected Standards**
- Perform a 'Shout & Signal' rescue
- Perform a surface dive
- Exit the water without using the steps

(11 outcomes)

### Stage 7 (Improver 3/Swim Club)

**Aim:** To develop stroke technique on Frontcrawl, Backstroke, Breaststroke & Butterfly, working towards swimming 50 metres to **ASA Expected Standards** on all four strokes

To complete Stage 7, participants will be able to achieve in comfort, the following skills:

- Swim 25 metres Backstroke to **ASA Expected Standards**
- Swim 25 metres Frontcrawl to **ASA Expected Standards**
- Swim 25 metres Breaststroke to **ASA Expected Standards**
- Swim 25 metres Butterfly to **ASA Expected Standards**
- Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills:
- Sculling –head first, feet first; rotation – forward/backward somersault, log roll; floating – star on the front/back, tuck float, create own; Eggbeater – moving, lifting one or both arms out of the water, link skills with strokes and sculls
- Perform a sitting dive
- Swim 50 metres continuously using one stroke to **ASA Expected Standards**
- Swim 200 metres using a minimum of 3 different strokes to **ASA Expected Standards**
- Tread water using egg beater action for 30 seconds
- Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout

(11 outcomes)

## 3. FUNDamental Sports Skills, Stages 8 – 10

### Stage 8 (Swim Club)

**Aim:** To develop more advanced swimming techniques working towards **ASA Expected Standard** turns in Backstroke, Breaststroke, Butterfly, and Freestyle and completing a 400 metre set on a specified turn around time.

To complete Stage 8, participants will be able to achieve in comfort, the following skills:

- Complete a set lasting 400m(e.g. 16 x 25m) on a specified turn around time set by the coach
- Swim 400 metres continuously using one stroke
- Kick 25 metres Backstroke with/without using a board
- Kick 25 metres Breaststroke with/without using a board
- Kick 25 metres Butterfly with/without using a board
- Kick 25 metres Frontcrawl with/without using a board
- Perform a Backstroke turn from 10 metres in to 15 metres out to **ASA Expected Standards**
- Perform a Breaststroke turn from 10 metres in to 15 metres out to **ASA Expected Standards**
- Perform a Butterfly turn from 10 metres in to 15 metres out to **ASA Expected Standards**
- Perform a Frontcrawl turn from 10 metres in to 15 metres out to **ASA Expected Standard**

(10 outcomes)

### Stage 9 (Swim Club)

**Aim:** Working towards completion of a 800 metre set with a specified turn around time; 800 metre continuous swim; 100 metre Individual Medley and correct starts to **ASA Expected Standards** on Backstroke, Breaststroke, Butterfly, and Freestyle.

To complete Stage 9, participants will be able to achieve in comfort, the following skills:

- Complete a set lasting 800m(e.g. 4 x 200m) on a specified turn around time set by the coach
- Swim 800 metres continuously using one stroke
- Swim a continuous 100 metre Individual Medley using legal turns
- Perform a 15 metre underwater kick on the front in a streamlined position
- Perform a Backstroke start with butterfly kick underwater until 10 metres from the start point and complete remainder of the 25 metres
- Perform a Frontcrawl start underwater kick until 10 metres from the start point and complete the remainder of the 25 metres
- Perform a Butterfly start underwater kick until 10 metres from the start point and complete the remainder of the 25 metres
- Perform a Breaststroke start with 1 pull, 1 Butterfly kick and 1 Breaststroke kick underwater and complete remainder of the 25 metres.

(8 outcomes)

### Stage 10 (Swim Club)

**Aim:** To complete a 1600 metre set on a specified turn around time; 1500 metre continuous swim; 200 metre Individual Medley; underwater streamlining for 15 metres and front crawl relay takeovers to **ASA Expected Standards**.

To complete Stage 10, participants will be able to achieve in comfort, the following skills:

- Complete a set lasting 1600m(e.g. 8 x 200m) on a specified turn around time set by the coach
- Swim 1500 metres continuously using one stroke
- Perform a continuous 100 metre Individual Medley kick using a kickboard
- Swim a continuous 200 metre Individual Medley using legal turns
- Perform a 15 metre underwater Butterfly kick on the back or front in a streamlined position
- Perform a Frontcrawl relay takeover as an oncoming swimmer
- Perform a Frontcrawl relay takeover as an outgoing swimmer

(7 outcomes)