

Swimming Lesson Scheme

Badge 1

Children will be relaxed floating, be confident underwater and in the deep and will be swimming 10m streamlined on backs and 5m + front with control from push and glides.

Badge 2

Children will have a good 'feel for the water' and be very confident in the deep and under water, they will start streamlined for each stroke from a push and glide and will have the basics of backstroke, front crawl, breaststroke kick and fly kick.

Badge 3

Children are, at a minimum, able to swim 25m backstroke, 10m breaststroke, 10m front crawl and 10m fly kick and will have improved their rotation and sculling skills.

Children will be invited to the stroke development course at the end of badge 3.

Badge 4

Children reaching the end of badge 4 will swim 25m front crawl, 25m breaststroke and will have experienced a range of skills from additional disciplines such as synchronised swimming, water safety, water polo and diving and achieved 50m and 100m distance awards.

Badge 1 Level 1

Badge 1 Level 1 swimmers will be beginners. Within level 1 children will gain underwater experience, float without support and swim 5 metres back unaided, rotate and gain deep water experience.

Enter the water from sitting , turn turn, turn and hold the side.
Tuck knees up and lift feet off the floor. Use hands to rotate.
Scoop up the water to wash face. Shower your hair.
Alternating leg kick holding the side. Long legs, floppy feet.
Float in a variety of shapes and regain standing on front & back with aids.
Travel over a distance of 5 metres front and back using an alternating leg kick with aids and regain standing. This will be done using a variety of equipment (discs, woggles or floats or play bricks etc)
Blow bubbles 3 times with nose and mouth submerged.
Push & Glide on back and regain standing with aids Body position should be flat & horizontal.
Rhythmical breathing at the side of the pool x 6. Face submerged.
Push & Glide on front and regain standing using aids. Body position should be streamlined and face in the water.
Swim 5 metres on front, rotate and swim 5m back and vice versa with aids.
With aids on children will experience floating, running on the spot and deep water pendulum and lateral rotations, submerging and resurfacing.
Float and regain standing on front or back - Unsupported floating on front and back in a variety of shapes and regain standing.
Push & Glide on front in a streamlined position, face in. Push & Glide on back in a flat & horizontal position, no aids.
5 metres back - Push, glide & kick 5 metres, arms by side, no aids
Jump into shallow water, no aids.

Badge 1 Level 2 – no aids

Children progressing to Badge 1 Level 2 will be able to float front and back, be happy underwater, swim 5m back unaided with correct body position and good alternating leg kick. This badge will work on improving technique, working to 5m streamlined kick on front, 10m streamlined kick on backs, rotations and develop deep water confidence.

Float & regain standing front and back, no aids.
Aquatic breathing and underwater work. Rhythmical breathing whilst kicking on front. Pick up sinkers. Jump in and submerge.
Push & Glide into 5 metres streamlined kick, face in.
Push & Glide on front and rotate onto back in a streamlined position.
Push & Glide into 10 metres kick on back. Body flat & horizontal, long legs, floppy feet.
10 metres back - Push and glide from the wall. Arms streamlined, straight legs, floppy feet and stress free.
Rotations - Push, glide and kick on front in a streamlined position, rotate to back without losing the streamline position and vice versa.
Push and glide on front in a streamlined position and change into a mushroom float without putting feet down.
Deep water confidence - Vertical floats and treading water. Push down under the water, float to surface and shout on resurfacing (BOB)!
Pendulum rotations - push off the wall on back & tip on to fronts kick back to the wall. Jump in and float (resting position) Jump in & swim back to the side.
Breaststroke feet - Understand the correct feet position for breaststroke legs.
Stood up dolphin movement.

Badge 2 Level 1

Badge 2 Level 1 children should be confident at relaxation and stretched floats, push and glides, be confident underwater and in the deep. They will have achieved 10 metres on back and 5 metres front and be able to rotate from front to back keeping a good alternating leg kick. This badge will work on extended front paddle, sculling, backstroke, fly kick and breaststroke kick as well as consolidating skills learnt in Badge 1.

5 metres extended front paddle from a push & glide. Flat and horizontal body position, face in, high elbow & long pull.
Log roll in a streamlined position, stretching the side of the body to initiate the roll.
Front crawl kick with side breathing. Head still when blowing out, half face in the water when breathing in.
Push, glide & kick into 10 metres extended front paddle, showing a high elbow and long pull. Rotate to the side to breathe every 3 strokes.
10 metres head first sculling - Flat body position with correct hand action, legs still.
Tuck and rotate on back in a tub position. Perform a 360 rotation looking at the ceiling.
10 metres backstroke with correct body position, head still, efficient leg kick and long straight arms.
5 metres dolphin - Small fast undulating movement on front
Deep water confidence. Tread water & vertical floating for 30 seconds. Submerge and on resurfacing shout BOB
Breaststroke leg action on front.

Badge 2 Level 2

Badge 2 Level 2 will have a good knowledge of front crawl side breathing, backstroke, fly kick, breaststroke kick and head first sculling and will work on improving technique on all strokes.

Push & glide underwater at an angle of 45 degrees. Streamlined body position.
5 metres front crawl - Starting with a push & glide show a minimum of 4/5 strokes, high elbow, long pull and an overarm recovery.
5 metres front crawl with bilateral breathing.
10 metres backstroke with continuous arms with correct technique. Start with a streamlined push & glide. Head still, efficient leg kick, relaxed recover and little finger entry.
5 metres dolphin front and back. Small fast movement.
Jump in and tread water in deep water for 30 seconds.
10 metres breaststroke kick on front with a noodle. Heels to bottom, knees narrow, turn feet out, whip back to straight legs, feet together to finish.
Deep water lateral and pendulum rotations.
10 metre swim in deep water, front or back paddle.
Sitting dive. Streamlined entry.
4 streamlined breaststroke kicks showing a glide. Heels to bottom, knees narrow, feet turned out, whip back to straight legs and glide with feet together.

Badge 3 Level 1

Badge 3 Level 1 will have a good 'feel for the water' and be very confident in the deep and underwater, they will have the basics of backstroke, front crawl, breaststroke kick and fly kick. Children will work on front crawl with bilateral breathing, backstroke building to a distance of 25 metres and various skills such as rolls and dives.

15 metres continuous backstroke with correct technique. Start with a streamlined push, glide and kick. Head still, efficient leg kick, relaxed recovery and little finger entry.
10 metres front crawl with side breathing . Start underwater and streamlined into full stroke including bilateral breathing with correct overarm recovery.
Somersault forward or backwards.
10 metres breaststroke swim with aids. Pull, kick and glide.
10 metres fly kick front and back. Arms by the side.
10 metres head first scull with tub rotation.
5 metres underwater swim. Underwater streamlined push, efficient leg kick.
Perform a handstand.
Crouching dive. Arms squeezing ears, head tucked in, lean before push. Streamline to the surface.

Badge 3 Level 2

Badge 3 Level 2 will be able to swim 10m front crawl with correct breathing, 25m continuous arm backstroke, streamlined underwater for 5 metres and somersault forwards and backwards. Children will work on breaststroke with correct timing as well as consolidating work on backstroke and front crawl technique and will continue to work on underwater, rotation, sculling and diving skills.

25 metres backstroke with continuous arms. Streamlined start, 2 fly kicks. Head still, slow to fast propulsive phase, slow recovery.
15 metres front crawl with bilateral breathing. Start underwater and streamlined, 2 fly kicks. High elbow on propulsive phase and relaxed recovery.
10 metres breaststroke - Small arm pull and breathe, powerful symmetrical whip kick and glide for 2 seconds.
10 metres streamlined fly kick - Small undulation, strong leg kick, streamlined on front & back.
10 metres feet first sculling Sculling on back, feet first with correct hand action.
Head first and feet first surface dives.
30 seconds treading water using breaststroke or egg beater legs.
Standing dive Arms squeezing ears, head tucked in, lean before push and streamline to the surface.
Personal survival. Experience swimming in shorts & t shirt, perform the HELP position, shout & signal for help.

Badge 4

Badge 4 will have already completed at a minimum of 25m backstroke, 10m breaststroke, 10m front crawl and 10m fly kick and will have improved their rotation and sculling skills. This badge will work on increasing distances to 25m front crawl, 25m breaststroke and work on 50m and 100m distance awards. Children will experience synchronised swimming, water polo and personal survival skills.

Upon moving to Badge 4 children will be invited to the FREE stroke development course.

5 metres streamlined fly kick underwater from a push and glide, front and back. Small undulation, strong leg kick, streamlined.
25 metres front crawl with bilateral breathing. From a standing dive and underwater fly kick.
50 metres backstroke. Streamlined start, 2 fly kicks. Head still, slow to fast propulsive phase, slow recovery.
15 metres breaststroke with correct timing. Pull, kick and glide with face in.
5 metres breaststroke. From a standing dive, correct timing with a 2 second glide.
Dive into a 50 metre swim. Swimmers must complete 50 metres of technically correct front crawl or technically correct breaststroke.
Swimmers must complete 100 metres of technically correct strokes.
5 metres torpedo scull. On back, travel feet first, arms above head, fingers point down.
Synchronised swimming skills. To include rolls, sculling, ballet legs, isle of man and swimming to counts/music.
Water polo skills. Ball control skills, treading water, egg beater legs, swimming with the ball.
Personal survival. Inverted breaststroke carrying an object, swimming in pyjama's, straddle step entry, hf and ff surface dives to pick up a brick.

Upon completion of Badge 4 children have the option to choose whether to move into Junior Coaching, Synchronised Swimming, Rookie Lifesaving or Challenge Awards.