



## HIGHFIELD SCHOOL OF SWIMMING

### SWIM LEVEL DESCRIPTIONS

#### DUCKLING LEVELS

##### DUCKLING 2

1. Make a sitting entry with adult support if required.
2. Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and without adult support.
3. Submerge the face with confidence and without force under adult supervision.
4. Blow an object for a distance of 2 metres.
5. Travel 3 metres using arms and/or legs without adult support
6. Move 5 metres along the wall without adult support.
7. Enter the pool, rotate and return to the side with minimal adult support.
8. Exit the water safely with minimal adult support.

##### DUCKING 3

1. Make a supervised jump to an adult with or without support.
2. Float on the front or back without adult support.
3. Push off on the front or back in a streamlined shape from a supporting adult.
4. Blow bubbles with the mouth and nose underwater.
5. Submerge completely.
6. Travel 5 metres on the front to the side of the pool without adult support.
7. Kick 5 metres on the front holding a float.
8. Enter the pool, rotate and return to the side without adult support.
9. Climb out of the water with adult support if required.

##### DUCKLING 4

1. To jump unaided into the water
2. Submerge completely
3. Rotate 360 degrees horizontally or vertically (forward roll or log roll)
4. Show a mushroom or star float
5. Kick 10 metres on front or back without teacher assistance - floats can be used
6. Whilst holding a float with one arm, show over arm action on the front and back
7. Make a safe exit from the water with support



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### SWIM LEVEL DESCRIPTIONS

#### STAGES

##### STAGE 1

1. Enter the water safely
2. SWIM a width (8m) of front crawl, without putting feet down
3. SWIM a width (8m) of back stroke, without putting feet down
4. Perform a stretched floating position
5. Regain an upright position from on the back, without support
6. Regain an upright position from on the front without support
7. Push & glide in a horizontal position, from the wall
8. Take part in a teacher led partner orientated game
9. Demonstrate an understanding of pool rules
10. Exit the 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 & glide on the back
6. Push from wall & glide on the front
7. SWIM backstroke for a width (8m)
8. SWIM front crawl for a width (8m), with side breathing
9. SWIM a width (8m) on front using breaststroke legs, using woggle
10. SWIM a width (8m) on front using basic dolphin leg kick with arms by the side
11. Perform a horizontal rotation from the front to the back to gain an upright position
12. Perform a horizontal rotation from the back to the front to gain an upright position

### STAGE 3

1. Jump in from poolside and submerge (min depth. 0.9)
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 on the front, perform forward roll and return on the back
6. Fully submerge to pick up an object
7. Answer correctly 3 questions on the Water Safety Code
8. SWIM 10 metres using Backstroke, with alternating arms – NOT CATCH UP ARMS
9. SWIM 10 metres using Front Crawl with breathing to one side
10. SWIM 10 metres on front using Breaststroke legs, using 2 floats, with breathing
11. SWIM 10 metres on front using basic Dolphin Kick

### STAGE 4

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4. Push & glide from the wall to the pool floor
5. Kick 10 metres Backstroke
6. Kick 10 metres Front Crawl, with one arm extended
7. Kick 10 metres Butterfly on the front or on the back
8. Kick 10 metres Breaststroke on the back
9. Kick 10 metres Breaststroke on the front, breathing every kick
10. Perform a head first sculling action on the back for one width in a horizontal position
11. Travel on the back and log roll in one continuous movement onto front
12. Travel on the front and log roll in one continuous movement onto back
13. Swim 10 metres, choice of stroke is optional

### STAGE 5

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for one width whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 1 minute
5. Perform 3 different shaped jumps into deep water
6. Swim 10 metres Backstroke, alternating arm pull, NOT CATCH UP
7. Swim 10 metres Front Crawl, with bilateral breathing
8. Swim 10 metres Breaststroke, with correct breathing
9. Swim 10 metres Butterfly with a two beat kick
10. Perform a handstand and hold for a minimum of 3 seconds
11. Perform a forward roll in the water
12. Demonstrate an action for getting help with both arms raised in the air at the same time

## STAGE 6

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off from the wall, glide, kick and rotate into Backstroke
3. Sink, push off from the wall, glide, kick and rotate into Front Crawl
4. Swim 20 metres with clothes on
5. With clothes on, perform a 'shout & signal' rescue – blow whistle 3 times, shout for help, in crouching or lying position encourage the casualty to kick legs, reach forward, look at you and make their way to you
6. With clothes on, perform a surface dive
7. With clothes on, tread water for 1 minute
8. Swim Front Crawl with good bilateral breathing
9. Swim Breaststroke with correct timing and glide
10. Swim Butterfly with two beat kick and good overarm action
11. Swim 100 metres, choice of stroke is optional

## STAGE 7

1. Swim 20 metres Backstroke
2. Swim 20 metres Front Crawl
3. Swim 20 metres Breaststroke
4. Swim 20 metres Butterfly
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: Sculling, Rotation, Floating, Eggbeater
6. Perform a racing dive
7. Swim 40 metres continuously using one stroke
8. Swim 100 metres, using a minimum three different strokes
9. Tread water using egg beater action for 2 minutes
10. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout

## STAGE 8

1. Complete a set lasting 400m (e.g 20 x 20m) on a specific turn around time set by the coach (E.g 1.00min for each 20m)
2. Kick 20m Backstroke without using a board
3. Kick 20m Breaststroke without using a board
4. Kick 20m Butterfly without using a board
5. Kick 20m Front Crawl without using a board
6. Perform a Backstroke tumble turn starting 10m away from wall. On return, push out for 5m or more kicking underwater with arms above head in stretch position
7. Perform a Breaststroke hand touch turn starting 10m away from wall. On return, push out for 5m or more kicking underwater with arms above head in stretch position. One pull and one kick is allowed underwater.
8. Perform a Butterfly hand touch turn starting 10m away from wall. On return, push out for 5m or more butterfly kick underwater with arms above head in stretch position.
9. Perform a Front Crawl tumble turn starting 10m away from wall. On return, push out for 5m or more kicking underwater with arms above head in stretch position.

## STAGE 9

1. Complete a set lasting 800m (i.e. 20 x 40m) on a specific turn around time set by the coach (i.e. 2.00min for 40m – or at coaches discretion e.g. 15 seconds over would be allowable)
2. Swim a continuous 100m IM using legal turns
3. Perform a 10m underwater kick on front in a streamlined position
4. Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 5m from the start point (wall), transfer into stroke and complete the remainder of the 15m
5. Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 5m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 15m
6. Perform a Butterfly start, kick in a streamlined position until a minimum of 5m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 15m
7. Perform a Breaststroke start, perform one kick and one pull underwater into head-up breaststroke position transfer into stroke and complete the remainder of the 25m

## STAGE 10

1. Complete a set lasting 1600m (i.e. 16 x 100m) on a specific timed turn around set by the coach (e.g. 4.00min for 100m)
2. Perform a continuous 100m Individual Medley **kick** (in following order: 20m Butterfly, 20m Backstroke, 20m Breaststroke & 40m Front Crawl) without using a kick board
3. Swim a continuous 200m Individual Medley using legal turns (40m Butterfly, 40m Backstroke, 40m Breaststroke & 80m Front Crawl)
4. Perform a 5-10m under water Butterfly kick on back or front in streamlined position
5. Perform a Front Crawl relay take over – as an incoming Swimmer
6. Perform a Front Crawl relay take over – as an outgoing Swimmer

**Individual Medley:** in the following order - Butterfly, Backstroke, Breaststroke, Front Crawl