

Learning Outcomes: These are the key aims for each class

If they can comfortably complete the skills and stroke aims they should be placed in the class above.
All Learning Outcomes are progressive so they must be able to complete the task at that level without losing any of the skills required for earlier levels.

For full guidance on each learning outcome please refer to the Teachers' Motivating and Monitoring pack.



Fundamentals: *F1, Fledgling* —float with body belt, ears in water comfortably
F2, Chick —comfortably put face in water with body belt
F3, Cygnet—torpedo shape, face in water with body belt
F4, Gosling—flutter kick and breath control, no bodybelt



	Front Crawl	Back Stroke	Breast Stroke	Butterfly	Rotation	Water Safety	Streamlined and Coordination	Breathing
P1 <i>Puffin</i>	Flutter kick with pointed toes, 5m	Flutter kick with head back, 5m	Leg Kick, feet turned out, on poolside	Head wiggling, arms at side, 5m	Spin with feet off the floor. Push and Glide arms extended.	Can jump in and return to side unaided	Regain standing position from Floating (5 seconds)	Able to breathe and continue swimming, 5m
P2 <i>Pelican</i>	Flutter kick, arms extended overhead, 5m	Single arm rockets on side, with flutter kick for 5m	Feet turned out, on back/front, with aid	Dolphin kick, 5m	Push and Glide and rotate on to back/ front	Sculling while treading water, aid if required	Pin Jump with arms overhead	Sit on the bottom of the pool by exhaling
P3 <i>Stork</i>	Full stroke, Overwater recovery, 5m	Little finger entry, 10m	Turned out feet leg kick on front, 5m	Underwater phase and head, 5m	Handstand and surface Dive	Sculling—stationary in horizontal position.	Sink and push and glide underwater	Pick up sinkable with hands, 1m
P4 <i>Heron</i>	Breathing to the side, 10m	Continuous Arms, signs of rotation, 10m	2 arm pulls, 2 leg kicks, 5m	Arms simultaneous, not necessarily clearing the water, 10m	Somersault	Help Position Knowledge of Water Safety Code	360' Rotation in tucked tub position	Push and glide into mushroom without breath between
P5 <i>Flamingo</i>	Unbroken stroke, 10m	Bent arm pull, 25m	Pull, Breathe, Kick, <u>Glide</u> , 10m	Over water recovery, 15m	Torpedo swims	Straddle Jump Rookie Action Plan	Front to Back scoops, feet off the bottom.	Explosive Breathing practice in shallow
P6 <i>Eagle</i>	Bilateral breathing, 25m	Timing, 25m	Timing, 25m	Whole stroke, breathing every 2 pulls, 10m	Diving	Reach Rescue Know pool safety measures	Backstroke start into stroke	Frontcrawl into somersault then continue front crawl—breathing to the side only
P7 <i>Albatross</i>	Efficient and Effective stroke, 25m	Efficient and Effective stroke, 25m	Efficient and Effective stroke, 25m	Whole stroke, correct timing, 15m	Tumble Turns	Treading Water—egg beater kick. No arms.	Sequence / obstacle course without touching bottom	Swim 5m underwater