



OXFORD SWIMMING ACADEMY

GUIDANCE FOR STANLEY LEVELS

Stanley Levels up to Stanley 4 can be worked on in class with a parent in the water if needed depending on age and depth of water, but Stanley 5 onwards will normally have no parent in the pool due to age of swimmers.

Stanley 1-4 can use buoyancy aids to complete skills and after this, unless specified in the criteria, no aids should be used.

Lessons should focus on the basic principals: Propulsion, Rotation, Flotation, Breathing, Water Safety and Entries and Exits. A range of these topics can be worked on in each class and may overlap in terms of skills.

All these levels at Splash Academy level should have a teacher in the water.

STANLEY 1

LEVEL	WORKING TOWARDS
STANLEY 1	MOVING INDEPENDENTLY WITH WOGGLES/BACKPACKS HOLDING ON INDEPENDENTLY, AND HAPPY TAKING PART IN LESSONS

- Identify the teacher
- Enter the water safely
- Splash feet at water's surface while supported by wall/ woggle/adult and then return to a standing position
- Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted
- Move through the water on the front for 2 metres, turn around and move back to start position
- Move through the water for 2 metres on the back, roll to regain feet.
- Blow a small object across the pool for 2 metres
- Travel under a woggle bridge and through a shower created by a watering can
- Push and glide on the front
- Exit pool safely

STANLEY 2

LEVEL	WORKING TOWARDS
STANLEY 2	MOVING INDEPENDENTLY WITH WOGGLES/BACKPACKS BLOWING BUBBLES MORE CONFIDENT JOINING IN SKILLS AND TRYING TO USE ARMS TO PADDLE

- Show an understanding of poolside safety
- Enter the water safely from the poolside
- Blow bubbles into the water, with mouth or nose and mouth submerged
- Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position
- Move through the water for 2 metres on the back using an alternating leg action, ears in water and return to an upright/standing position
- Perform a star floating position on front or back
- Use front paddle action to move a ball across the pool
- Push and glide on the back
- Roll from front to back, looking at the ceiling
- Climb out of the pool safely

STANLEY 3

LEVEL	WORKING TOWARDS
STANLEY 3	MOVING INDEPENDENTLY WITH WOGGLES/BACKPACKS BLOWING BUBBLES AND CONFIDENCE WITH FACE IN USING ARMS AND LEGS TO PADDLE

- Answer a question on poolside safety rules
- Enter the water from poolside, move forward 1 metre, then return and exit the pool unassisted
- Blow bubbles into the water with face submerged
- Perform a star float while on the back and regain the feet
- Move through the water while on the back, using an alternating leg action for 5 metres
- Move through the water 5 metres on the front, using front paddle action
- Complete a 360° turntable with feet off the pool floor
- Roll from back to front and return onto the back
- Jump or step into the water from poolside with hand support from a swimming teacher or assistant
- Show treading water action with legs on woggle – (seahorses)

STANLEY 4

LEVEL	WORKING TOWARDS
STANLEY 4	MOVING INDEPENDENTLY WITH WOGGLES/BACKPACKS CONFIDENT GOING UNDER WATER SHOWING ATTEMPTS TO PADDLE UNAIDED

- Answer 2 questions on poolside safety
- Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back
- Bob up and down, submerging the face 4 times, exhaling underwater
- Pick up an object from below the water surface
- Perform 2 float positions, which may be in a sequence and performed on the front or the back
- Push and glide on back, tuck and roll forward to return to poolside
- Tread water, using arms and legs
- Attempt a circular action of either arms or legs
- Jump or step into pool safely unaided
- Climb out of pool safely unaided

LEVELS WITHOUT FLOATATION AIDS

STANLEY 5

LEVEL	WORKING TOWARDS
STANLEY 5	TRAVELLING 2M PADDLE FRONT OR BACK BEGINNING TO USE FLOATS TO KICK RATHER THAN WOGGLES

- Answer 2 questions on poolside rules
- Swim 2 metres of front paddle or back paddle, without support
- Hold 3 different types of floating positions, each for 3 seconds
- Breathe rhythmically for 4 cycles, either supported or moving
- Jump or step in from poolside, tread water, turn and swim back to poolside
- Push off on the back and kick with a simultaneous leg action for 5 metres using a woggle or float
- Perform a push and glide on the front, keeping the face in the water and blowing bubbles
- Retrieve an object from bottom of pool
- Demonstrate front crawl arm action
- Demonstrate back crawl arm action

STANLEY 6

LEVEL	WORKING TOWARDS
STANLEY 6	SWIMMING 5M OF FRONT OR BACK WITH ARMS AND A BREATH IN FOR FC WITHOUT STANDING UP - HEAD UP FINE USING FLOATS FOR ARMS/LEG PRACTICES IF NOW STRONG ENOUGH

- Answer 2 water safety questions
- Push and glide on the back, arms by side, ears in water
- Swim through a submerged hoop
- Swim 3 metres on front using a breaststroke type leg action, holding 2 floats or woggle
- Swim 2 metres on the front and 2 metres back, paddle with a smooth transition in between (log roll)
- Step, star or pencil jump into the pool, tread water then return to poolside
- Hold the side of the pool and push off on the side under water
- Swim on the front, tuck up and return swimming on the back
- Swim 5 metres of either front crawl or back crawl
- Scull forwards, backwards or in a circle, using a woggle

STANLEY 7

LEVEL	WORKING TOWARDS
STANLEY 7	SWIMMING 10M FC ATTEMPT SIDE BREATHING - BUT DOESNT NEED TO BE PERFECT 10M BC CONFIDENTLY

- Answer 3 water safety questions
- Perform a star float, slowly change to a narrow float and return to a star float on either the front or back
- Push and glide on back with arms stretched then roll onto front
- Swim 2 metres, dolphin leg kick on the front or back
- Tread water for 10 seconds
- Swim 5 metres using a frog breaststroke type action of the arms and legs
- Swim 10 metres of front crawl confidently, attempt side breathing
- Swim 10 metres on the back confidently
- Swim through a submerged hoop and retrieve an object
- Scull/scoop head first ,using a woggle, and arms only