

2. Programme Resources



STANley 1

Buoyancy aids may be used

Learning Outcomes

Assessment Standards

1. Identify the teacher	
2. Enter the water safely	<ul style="list-style-type: none"> • Vertical ladder steps – walking down backwards • Angled flight – walking slowly forward • Swivel entry-safe and controlled
3. Splash feet at water's surface while supported by wall/woggle/adult and then return to a standing position	<ul style="list-style-type: none"> • Horizontal body position • Feet breaking the surface of the water • Return to a vertical position • Supported by teacher, assistant or poolside
4. Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted	<ul style="list-style-type: none"> • Learner to move freely through the water • Walking or moving in a vertical position if water is too deep to stand
5. Move through the water on the front for 2 metres, turn around and move back to start position	<ul style="list-style-type: none"> • Move without feet touching the floor
6. Move through the water 2 metres on the back, roll to regain feet	<ul style="list-style-type: none"> • Move on back without touching floor • Rotate into a vertical position
7. Blow a small object across the pool for 2 metres	<ul style="list-style-type: none"> • Blow through mouth to move object
8. Travel under a woggle bridge and through a shower created by a watering can	<ul style="list-style-type: none"> • Move under shower without distress
9. Push and glide on the front	<ul style="list-style-type: none"> • Arms extended above head • Chin on surface or face in the water
10. Exit pool safely	<ul style="list-style-type: none"> • Any safe exit permissible

2. Programme Resources

STAnley 2

Buoyancy aids may be used

Learning Outcomes	Assessment Standards
1. Show an understanding of poolside safety	<ul style="list-style-type: none"> Follow lesson rules
2. Enter the water from the poolside safely	<ul style="list-style-type: none"> Swivel entry with or without assistance
3. Blow bubbles into the water, with mouth, or nose and mouth, submerged	<ul style="list-style-type: none"> Bubbles should be visible
4. Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position	<ul style="list-style-type: none"> Return to a vertical position if out of standing depth
5. 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	<ul style="list-style-type: none"> Looking upwards Return to vertical position
6. Perform a star floating position on front or back	<ul style="list-style-type: none"> Prone or supine Look upwards (supine) chin on water (prone)
7. Use front paddle action to move a ball across the pool	<ul style="list-style-type: none"> Using an alternating arm action to push ball
8. Push and glide on the back	<ul style="list-style-type: none"> Look upwards, tummy up horizontal position Arms by side or above head
9. Roll from front to back, looking at the ceiling	<ul style="list-style-type: none"> Vertical or horizontal rotation Feet off the floor
10. Climb out of the pool safely	<ul style="list-style-type: none"> With or without assistance

STAnley 3

Buoyancy aids may be used

Learning Outcomes	Assessment Standards
1. Answer a question on poolside safety rules	
2. Enter the water from poolside, move forward 1 metre then return and exit the pool unassisted	<ul style="list-style-type: none"> Swivel entry No assistance to be given
3. Blow bubbles into the water with face submerged	<ul style="list-style-type: none"> Whole face submerged Visible bubbles
4. Perform a star float while on the back and regain the feet	<ul style="list-style-type: none"> Looking upwards Return to vertical position
5. Move through the water while on the back, using an alternating leg action for 5 metres	<ul style="list-style-type: none"> Looking upwards
6. Use a front paddle action to move through the water 5 metres on the front	<ul style="list-style-type: none"> Alternating arm and leg action
7. Complete a 360° turntable with feet off pool floor	<ul style="list-style-type: none"> Turn around completely with feet off pool floor
8. Roll from back to front and then back onto the back	<ul style="list-style-type: none"> Vertical or horizontal rotation Learner completes sequence without touching pool floor
9. Jump or step into the water from poolside, with hand support from a swimming teacher or assistant	
10. Show treading water action with legs on woggle	<ul style="list-style-type: none"> Sat astride woggle Vertical position

2. Programme Resources

STAnley 4

Buoyancy aids may be used

Learning Outcomes	Assessment Standards
1. Answer 2 questions on poolside safety	
2. Swim 5 metres of front paddle, roll onto back and swim 5 metres on the back	<ul style="list-style-type: none"> • Alternating arm and leg action on front • Vertical or horizontal rotation • Move on back with ears in the water
3. Bob up and down, submerging the face 4 times, exhaling underwater	<ul style="list-style-type: none"> • Whole face submerged • Visible bubbles
4. Pick up an object from below the water surface	<ul style="list-style-type: none"> • Minimum distance of 0.5 metre
5. Perform 2 float positions, which may be in a sequence and performed on the front or the back	<ul style="list-style-type: none"> • Ears in the water- supine • Face in the water- prone
6. Push and glide on back, tuck and roll forward to return to poolside using a woggle or float	<ul style="list-style-type: none"> • Arms by the side or arms extended • Ears in the water
7. Tread water, using arms and legs	<ul style="list-style-type: none"> • Vertical position in water
8. Attempt a circular action of either arms or legs	<ul style="list-style-type: none"> • Move either arms or legs in a circular action
9. Jump or step into pool safely unaided	
10. Climb out of pool safely unaided	<ul style="list-style-type: none"> • Any safe exit

STAnley 5

Buoyancy aids may NOT be used unless otherwise stated

Learning Outcomes	Assessment Standards
1. Answer 2 questions on poolside rules	
2. Swim 2 metres of front paddle or back paddle, without support	<p>Front Paddle</p> <ul style="list-style-type: none"> • Arms and legs move in an alternating action <p>Back Paddle</p> <ul style="list-style-type: none"> • Ears in the water • Alternating leg action • Continuous sculling arm action
3. Hold 3 different types of floating positions, each for 3 seconds	<ul style="list-style-type: none"> • Face in the water (prone) • Ears in the water (supine)
4. Breathe rhythmically for 4 cycles, either supported or moving	<ul style="list-style-type: none"> • Exhale with whole face in water
5. Jump or step in from poolside, tread water, turn and swim back to poolside	<ul style="list-style-type: none"> • Demonstrate a treading water action briefly, whilst turning to return to point of entry
6. Push off on the back and kick with a simultaneous leg action for 5 metres using a woggle or float	<ul style="list-style-type: none"> • Ears in the water • Arms by side or extended above head
7. Perform a push and glide on the front, keeping the face in the water and blowing bubbles	<ul style="list-style-type: none"> • Arms extended • Bubbles visible
8. Retrieve an object from bottom of pool	<ul style="list-style-type: none"> • Depth of approximately 1 metre
9. Demonstrate front crawl arm action	<ul style="list-style-type: none"> • Standing on poolside or in shallow water
10. Demonstrate back crawl arm action	<ul style="list-style-type: none"> • Standing on poolside or in shallow water

2. Programme Resources

STANley 6

6

Buoyancy aids may NOT be used unless otherwise stated

Learning Outcomes	Assessment Standards
1. Answer 2 water safety questions	
2. Push and glide on the back, arms by side, ears in water	<ul style="list-style-type: none"> Ears in the water Arms by the side or extended above head
3. Swim through a submerged hoop	<ul style="list-style-type: none"> Whole hoop must be fully submerged
4. Swim 3 metres on front using a breaststroke type leg action, holding 2 floats or woggle	<ul style="list-style-type: none"> Legs completing a circular action
5. Swim 2 metres on the front and 2 metres back paddle with a smooth transition in between (log roll)	<ul style="list-style-type: none"> Swim total distance without stopping
6. Step, star or pencil jump into the pool, tread water then return to poolside	<ul style="list-style-type: none"> Demonstrate treading water action momentarily before returning to the point of entry
7. Hold the side of the pool and push off on the side under water	<ul style="list-style-type: none"> Whole body submerged Arms extended above head
8. Swim on the front, tuck up and return swimming on the back	<ul style="list-style-type: none"> Smooth transition from front to back
9. Swim 5 metres, of either front crawl or back crawl	<p>Front Crawl</p> <ul style="list-style-type: none"> Face in water arms recover over the water's surface <p>Back Crawl</p> <ul style="list-style-type: none"> Ears in water arms recover over the water's surface
10. Scull forwards or backwards or in a circle using a woggle	<ul style="list-style-type: none"> Legs still



2. Programme Resources

STAnley 7

Buoyancy aids may NOT be used unless otherwise stated

Learning Outcomes	Assessment Standards
1. Answer 3 water safety questions	
2. Perform a star float, slowly change to a narrow float and return to a star float on either the front or back	<ul style="list-style-type: none"> Arms extended above head for narrow float Smooth movement without putting feet on floor
3. Push and glide on back with arms stretched, then roll onto front	<ul style="list-style-type: none"> Horizontal rotation Maintain streamlined body position
4. Swim 2 metres, dolphin leg kick on the front or back	<ul style="list-style-type: none"> Simultaneous action, legs together
5. Tread water for 10 seconds	<ul style="list-style-type: none"> Vertical position Mouth clear of the water
6. Swim 5 metres using a frog breaststroke-type action of the arms and legs	<ul style="list-style-type: none"> Simultaneous, circular action of the arms and legs
7. Swim 10 metres of front crawl confidently, attempting side breathing	<ul style="list-style-type: none"> Arms recover over the water Head turns to the side to breathe
8. Swim 10 metres on the back confidently	<ul style="list-style-type: none"> Any stroke or paddle
9. Swim through a submerged hoop and retrieve an object	<ul style="list-style-type: none"> Hoop fully submerged Retrieve item from approximate depth of 1 metre
10. Use a woggle and scull head first using arms only	<ul style="list-style-type: none"> Legs still

2. Programme Resources

STANley STAR

Buoyancy aids may NOT be used unless otherwise stated

SUPER
STAR!

Learning Outcomes	Assessment Standards
1. Answer 4 water safety questions	
2. Push and glide into a confident 10 metre swim	<ul style="list-style-type: none"> Streamlined body position Face in the water (prone) or Ears in the water (supine) Arms extended Smooth transition Swim any stroke or paddle
3. From a push and glide, or swim, travel through a submerged hoop, retrieve an object and return to poolside	<ul style="list-style-type: none"> Hoop should be completely submerged Retrieve object from approximate depth of 1 metre
4. Use a float and kick on the front to collect 4 floating objects that are scattered around the pool. Return to poolside	<ul style="list-style-type: none"> Alternating or simultaneous kick Without touching pool side or floor
5. Swim 2 metres on back, rolling over horizontally to swim 2 metres on front, rolling over horizontally to finish with a back star float	<ul style="list-style-type: none"> Swim any stroke or paddle Roll should be smooth Horizontal rotation
6. Push and glide from poolside on the back and kick for 2 metres, tuck up and roll forward to swim back to poolside	<ul style="list-style-type: none"> Streamlined body position Eyes to ceiling (supine) chin in the water (prone) Any stroke or paddle
7. Kick for 5 metres on the back, balancing a toy on a float	<ul style="list-style-type: none"> Float held across chest, stomach or knees Alternating kick Toy must remain on float throughout swim
8. Jump into the water, swim to a raft (play raft) and climb onto it to sit down	<ul style="list-style-type: none"> Safe entry without assistance Any stroke or paddle Raft 5 metres away from side, supported by teacher
9. Jump into the water, tread water while turning around, swim back to poolside	<ul style="list-style-type: none"> Safe entry without assistance Tread water with face clear of the water Rotate 180° Exit over pool edge (wriggle exit)
10. Exit the pool safely – over the poolside if possible or as the pool environment dictates – leave poolside safely	<ul style="list-style-type: none"> Any stroke or paddle to return to poolside

SUPER
STAR!