

FUNDamental Movement Skills, Stages 1 - 7

Stage 1 (Beginner 1)

Aim: To develop confidence and introduce movement in the water for a distance of 5 metres with/without aids, equipment or support.

To complete Stage 1 of the NPTS participants will be able to complete in comfort the following skills (with or without aids, equipment or support):

- Enter the water safely
 - Move forward for a distance of 5 metres
 - Move backwards for a distance of 5 metres
 - Move sideways for a distance of 5 metres
 - Scoop the water and wash the face
 - Be at ease with water showered from overhead
 - Move into a stretched floating position using aids, equipment or support
 - Regain an upright position from on the back with support
 - Push & glide in a horizontal position to or from a wall
 - Take part in a teacher lead partner orientated game
 - Demonstrate an understanding of pool rules
 - Exit the water safely
- (13 Outcomes)

Stage 2 (Beginner 2)

Aim: To develop further water confidence to travel 5 metres on the front or back with or without aids, equipment or support.

To complete Stage 2 of the NPTS participants will be able to complete in comfort the following skills (with or without aids, equipment or support):

- Jump in from poolside safely
 - Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
 - Regain an upright position from the back without support
 - Regain an upright position from the front without support
 - Push from wall & glide on the back
 - Push from wall & glide on the front
 - Travel on the front for 5 metres, aids or equipment may be used
 - Travel on the back for 5 metres, aids or equipment may be used
 - Perform a rotation from the front to back to gain an upright position
 - Perform a rotation from the back to the front to gain an upright position
- (10 outcomes)

Stage 3 (Beginner 3)

Aim: To develop confidence in travelling through the water without support for 10 metres on the front and back.

To complete Stage 3 of the NPTS participants will be able to complete in comfort the following skills (without support):

- Jump in from the poolside and submerge
 - Sink, push away from the wall on side and maintain a streamlined position
 - Push & glide on the front with arms extended and log roll onto the back
 - Travel on the front, tuck to rotate around the horizontal axis to return on the back
 - Fully submerge to pick up an object
 - Answer correctly 3 questions on the Water Safety Code
 - Travel 10 metres on the back
 - Travel 10 metres on the front
- (9 Outcomes)

Stage 4 (Intermediates)

Aim: To develop stroke technique on the front and back working towards swimming 10 metres to the ASA Expected Standards on one stroke.

To complete Stage 4, participants will be able to achieve in comfort the following skills:

- Demonstrate an understanding of buoyancy
- Perform a tuck float for 5 seconds
- Perform a sequence of changing shapes (min 3) while floating on the surface
- Push & glide from the wall to the pool floor
- Kick 10 metres Backstroke
- Kick 10 metres Frontcrawl
- Kick 10 metres Butterfly
- Kick 10 metres Breaststroke on the front
- Kick 10 metres Breaststroke on the back
- Perform on the back a head first sculling action for 5 metres in a horizontal position
- Travel on back and roll in one continuous movement onto front
- Travel on front and roll in one continuous movement onto back
- Swim 10 metres, own choice to **ASA Expected Standards**

(13 outcomes)

NB: Basic diving skills will be introduced at this stage

Stage 5 (Improver 1)

Aim: To develop technique of Frontcrawl, Backstroke, Breaststroke and Butterfly, working towards swimming 10 metres to ASA Expected Standards on all four strokes.

To complete Stage 5, participants will be able to achieve in comfort, the following skills:

- Perform a horizontal stationary scull on the back
- Perform a feet first sculling action for 5 metres whilst horizontal on the back
- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
- Tread water for 30 seconds
- Perform 3 different shaped jumps into deep water
- Swim 10 metres Backstroke to **ASA Expected Standards**
- Swim 10 metres Frontcrawl to **ASA Expected Standards**
- Swim 10 metres Breaststroke to **ASA Expected Standards**
- Swim 10 metres Butterfly to **ASA Expected Standards**
- Perform a handstand and hold for a minimum of 3 seconds
- Demonstrate an action for getting help (13 Outcomes)

Stage 6 (Improver 2)

Aim: To develop technique of Frontcrawl, Backstroke, Breaststroke & Butterfly working towards swimming 25 metres to ASA Expected Standards on all four strokes.

To complete Stage 6 participants will be able to achieve in comfort, the following skills:

- Demonstrate an understanding of preparation for exercise
- Sink, push off on side from the wall, glide, kick and rotate into Backstroke
- Sink, push off on side from the wall, glide, kick and rotate into Frontcrawl
- Swim 10 metres with clothes on
- Swim Frontcrawl to **ASA Expected Standards** to include at least six rhythmical breaths
- Swim Breaststroke to **ASA Expected Standards** to include at least six rhythmical breaths
- Swim Butterfly to **ASA Expected Standards** to include at least three rhythmical breaths
- Swim 25 metres, choice of stroke to **ASA Expected Standards**
- Perform a 'Shout & Signal' rescue
- Perform a surface dive
- Exit the water without using the steps (11 outcomes)

Stage 7 (Improver 3)

Aim: To develop stroke technique on Frontcrawl, Backstroke, Breaststroke & Butterfly, working towards swimming 50 metres to ASA Expected Standards on all four strokes

To complete Stage 7, participants will be able to achieve in comfort, the following skills:

- Swim 25 metres Backstroke to **ASA Expected Standards**
- Swim 25 metres Frontcrawl to **ASA Expected Standards**
- Swim 25 metres Breaststroke to **ASA Expected Standards**
- Swim 25 metres Butterfly to **ASA Expected Standards**
- Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills:
 - Sculling –head first, feet first; rotation – forward/backward somersault, log roll; floating – star on the front/back, tuck float, create own: Eggbeater – moving, lifting one or both arms out of the water, link skills with strokes and sculls
 - Perform a sitting dive
 - Swim 50 metres continuously using one stroke to **ASA Expected Standards**
 - Swim 100 metres using a minimum of 3 different strokes to **ASA Expected Standards**
 - Tread water using egg beater action for 30 seconds
 - Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout