



Rhythm

Technique

New Heights

play

LEARN TO SWIM WALES SKILLS



Artistic



Advanced Swimming



Diving



Water Polo



Learn to Swim Wales is an assessment and awards Framework supported by Welsh Assembly Government, which was devised by Swim Wales in association with Sport Wales and leisure providers.

Learn to Swim Wales is a progressive seamless pathway beginning with a baby's first experience in the water through to competent swimmers who are fully equipped to enjoy aquatic activities for life and resulting in a healthier nation.

This innovative scheme is a key contributor in achieving the Swim Wales Vision 'Aquatics for everyone for life' through children learning the skills to confidently enjoy aquatics and learn vital skills when they leave primary education.

All assessment outcomes in Learn to Swim Wales have been designed to ensure the physical needs of the participants are met and developed. This follows the principles of the Athlete Development Support Pathway (also known as LTAD) including Physical Literacy skills and cross curricular skill development opportunities.

The scheme incorporates swimming, water polo, artistic swimming and diving - enabling children to have the opportunity and choice to participate in these activities, opening the door to other water based sports and activities as they grow and develop.





Advanced Swimming Skills

Advanced Swimming Skills

The Advanced Swimming Skills programme offers teachers and coaches a framework to help develop key advanced swimming skills.

There are 5 levels that are designed for swimmers who wish to enhance their technique in the four strokes, starts, turns and finishes. It is designed to embed good practice, the right habits and skills at an early stage in a swimmer's career.

The guidance provides recommended hours per week that a child should be swimming at each level linking to the Athlete Development Support Pathway.

Entry Guidance:

- Completed Wave 7 of Learn to Swim Wales

Benefits of the Advanced Swimming Skills Framework:

- Gives teachers and coaches a structured framework to utilise specifically to build a solid foundation for aspiring competitive swimmers.
- Gives clarity to swimmers on what they are working on and what skills are important to develop. This motivates children to progress through the levels and improve their skills.
- Provides a seamless link into a swimming club from a learn to swim provider.
- Has a bilingual award scheme where providers can offer certificates to participants after achieving a level, including distance badges up to 5000m.



Skills: Advanced Swimming Level 1



The recommended total swimming time at this level is 1 hour per week, in either a Learn to Swim programme or swimming club.

Aims

1. Develop dive technique and underwater phase
2. Develop turn technique
3. Develop stroke technique over longer distances demonstrating legal turn, underwater phase and finishes
4. Develop kick and pull technique

Assessment Outcomes

Legal strokes and actions refer to compliance with FINA Laws.

1	Shallow racing dive and underwater dolphin kicks	Demonstrate a shallow racing dive, then a minimum of 5m underwater dolphin kicks in a streamlined body position. Minimum depth of 1.8m
2	Shallow racing dive and underwater Breaststroke phase	Demonstrate a shallow racing dive, then complete one underwater breaststroke pull and kick to the surface. Minimum depth of 1.8m
3	Turn at the wall using frontcrawl and backstroke	Swim towards the pool wall, tumble turn, push off in a streamlined position and perform a minimum of 5m underwater dolphin kicks on frontcrawl and backstroke.
4	Scull 25m on the front and 25m on the back	Using a pullbuoy to support body position, scull 25 metres on the front and 25 metres on the back, focusing on feel of the water.
5	Swim 75m frontcrawl	Swim 75 metres frontcrawl with 5m of underwater dolphin kick from the start, demonstrate tumble turns with streamlined underwater kicks off each wall and a legal finish. Use a combination of bi-lateral breathing (eg.3 or 5 strokes), and uni-lateral breathing (eg. 2 or 4 strokes), changing at the end of each length.
6	Swim 75m backstroke	Swim 75 metres backstroke with 5m of underwater dolphin kick from the start, demonstrate legal tumble turns with streamlined underwater dolphin kicks off each wall, and a legal finish.
7	Swim 50m breaststroke	Swim 50 metres breaststroke, demonstrating a legal underwater phase off each wall and legal touch turn and finish.

Skills: Advanced Swimming Level 1



8	Swim 50m butterfly	Swim 50 metres butterfly with 5m of underwater dolphin kick from the start, legal touch turn, demonstrating streamlined underwater dolphin kicks off the wall, and a legal finish.
9	Perform 100m technically proficient kick	Perform 100 metres kick: 50 metres frontcrawl followed by 50 metres of a different stroke; using a kickboard if appropriate for the chosen stroke.
10	Pull 50m frontcrawl	Using a pullbuoy, pull 50 metres frontcrawl.
11	Swim 2 x 100m Individual Medley	Starting with a dive and 5m underwater dolphin kick, swim 2 x 100 metres IM demonstrating legal turns, underwater phases and finish.
12	Take part in a medley relay race	<p>Take part in a medley relay race with legal relay takeovers, covering 25 metres per participant.</p> <p>The medley relay should be swam in the following order: backstroke, breaststroke, butterfly, frontcrawl.</p>

Skills: Advanced Swimming Level 2



The recommended total swimming time at this level is 1 hour per week.

Aims

1. Develop racing starts and underwater transitions into strokes using 5 metres of underwater dolphin kicks, where appropriate to the stroke
2. Demonstrate legal turns for all four strokes using 5 metres of underwater dolphin kicks where appropriate
3. Develop stroke technique over longer distances demonstrating legal turn, underwater phase and finishes
4. Increase distances of proficient pull and kick

Assessment Outcomes

Legal strokes and actions refer to compliance with FINA Laws.

1	Racing starts for 3 strokes, to include backstroke, breaststroke and frontcrawl or butterfly	Perform a racing start for backstroke, breaststroke and frontcrawl or butterfly and transition into relevant stroke to 15 metres. For frontcrawl, backstroke and butterfly demonstrate a minimum of 5m streamlined underwater dolphin kicks and transition into full stroke; for breaststroke demonstrate the legal underwater phase and transition into full stroke.
2	Turn at the wall for 4 strokes	Demonstrate a turn at the wall for all 4 strokes using a legal tumble turn for frontcrawl and backstroke and a legal touch turn for breaststroke and butterfly, using legal underwater phase and transition into stroke.
3	Hands extended scull for 25m on the front and 25m on the back	Using a pullbuoy to support body position if required, scull 25 metres on the front and 25 metres on the back, demonstrating a hands extended scull.
4	Swim 100m frontcrawl	Swim 100 metres frontcrawl with 5m of underwater dolphin kick from the start, demonstrate tumble turns with streamlined underwater kicks off each wall and a legal finish. Use a combination of bi-lateral breathing (eg.3 or 5 strokes), and uni-lateral breathing (eg. 2 or 4 strokes), changing at the end of each length.
5	Swim 100m backstroke	Swim 100 metres backstroke with 5m of underwater dolphin kick from the start, demonstrate legal tumble turns with streamlined underwater dolphin kicks off each wall, and a legal finish.
6	Swim 75m breaststroke	Swim 75 metres breaststroke, demonstrating a legal underwater phase off each wall and legal touch turn and finish.

Skills: Advanced Swimming Level 2



7	Swim 75m butterfly	Swim 75 metres butterfly with 5m of underwater dolphin kick from the start, legal touch turns, demonstrating streamlined underwater dolphin kicks off the wall, and a legal finish.
8	Perform 200m kick	Perform 200 metres kick: 100 metres frontcrawl followed by 100 metres of a different stroke, using a kickboard if appropriate for the chosen stroke.
9	Pull 50m frontcrawl and 50m backstroke	Using a pullbuoy, pull 50 metres frontcrawl followed by 50 metres backstroke.
10	Swim 3 x 100m Individual Medley	Starting with a dive and 5m underwater dolphin kick, swim 3 x 100 metres IM demonstrating legal turns, underwater phases and finish.
11	Swim 300m Frontcrawl continuously	Swim 300 metres frontcrawl with 5m of underwater dolphin kick from the start, demonstrate tumble turns with streamlined underwater kicks off each wall and a legal finish.
12	Take part in a relay race	Take part in a relay race with legal relay takeovers, covering 50 metres per participant.

Skills: Advanced Swimming Level 3



The recommended total swimming time at this level is 2 hours per week (as 2 x 1 hour sessions), in a swimming club environment.

Aims

1. Demonstrate racing starts and underwater transitions into strokes using a minimum of 5m underwater dolphin kicks, where appropriate to the stroke
2. Develop stroke technique and speed over increased distances for all four strokes
3. Increase distances of pull and fast kick
4. Perform a 200m Individual Medley

Assessment Outcomes

Legal strokes and actions refer to compliance with FINA Laws.

1	Racing start for 4 strokes	Perform a racing start, including underwater transition, and sprint to 25 metres. Repeat the action for each of the 4 strokes. For frontcrawl, backstroke and butterfly demonstrate a minimum of 5m underwater dolphin kicks; for breaststroke demonstrate the legal underwater phase.
2	Turn at the wall for the 3 Individual Medley stroke changes	Perform the three legal turns utilised in an Individual Medley event (Butterfly to Backstroke, Backstroke to Breaststroke and Breaststroke to Frontcrawl). Using legal technique, a minimum of 5m underwater phase and transition into stroke.
3	Swim 100m frontcrawl in under 2 minutes targeting equal stroke count per length	Perform a racing start, then swim 100 metres frontcrawl in under 2 minutes, demonstrating legal turns with a minimum of 5m underwater dolphin kicks off each wall and legal finish. The swimmer should be targeting an equal stroke count per length.
4	Swim 100m backstroke in under 2 minutes 15 seconds targeting equal stroke count per length	Perform a racing start, then swim 100 metres backstroke in under 2 minutes 15 seconds, demonstrating legal turns with a minimum of 5m underwater dolphin kicks off each wall, and legal finish. The swimmer should be targeting an equal stroke count per length.
5	Swim 100m breaststroke, targeting equal stroke count per length	Perform a racing start, then swim 100 metres breaststroke demonstrating legal turns, underwater technique off each wall, and finish. The swimmer should be targeting an equal stroke count per length.
6	Swim 100m butterfly, targeting equal stroke count per length	Perform a racing start, then swim 100 metres butterfly demonstrating legal turns with a minimum of 5m underwater dolphin kicks off each wall, and legal finish. The swimmer should be targeting an equal stroke count per length.

Skills: Advanced Swimming Level 3



7	Perform 300m kick	Perform 300 metres kick, 150m frontcrawl and 150m choice of stroke; using a kickboard if appropriate for chosen stroke.
8	Pull 100m frontcrawl and 100m backstroke	Using a pullbuoy, pull 100 metres frontcrawl followed by 100 metres backstroke, focusing on body rotation.
9	Swim 400m continuous frontcrawl	Swim 400 metres frontcrawl continuously, demonstrating legal turns with a minimum of 5m underwater dolphin kick off each wall and legal finish.
10	Swim 200m Individual Medley (IM)	Swim 200 metres IM demonstrating a minimum of 5m underwater dolphin kicks or legal underwater phase, where appropriate, legal turns and finish.
11	Using a set of the coaches choice; demonstrate ability to use the pace clock with a rest interval	Demonstrate the ability to use the pace clock with a timed rest interval.
12	Using a set of the coaches choice; demonstrate ability to use the pace clock with a swim/rest time	Demonstrate the ability to use the pace clock with a swim/rest time. The swimmer should be able to calculate swim and rest repeat time during a set and total swim time of each repetition.

Skills: Advanced Swimming Level 4



The recommended total swimming time at this level is 3 hours per week, in a swimming club environment.

Aims

1. Develop stroke technique and speed over increased distances for all four strokes
2. Demonstrate maximum effort kick sets
3. Perform a set totalling 800m

Assessment Outcomes

Legal strokes and actions refer to compliance with FINA Laws.

1	Swim 100m frontcrawl in under 1 minute 45 seconds with even stroke count per length.	From a racing start, swim 100 metres efficient frontcrawl in under 1 minute 45 seconds, demonstrating legal tumble turns with a minimum of 5 metres streamlined underwater dolphin kicks off each wall and legal finish. The swimmer should be targeting an equal stroke count per length.
2	Swim 100m backstroke in under 2 minutes with even stroke count per length.	From a racing start, swim 100 metres efficient backstroke in under 2 minutes, demonstrating legal turns with a minimum of 5 metres streamlined underwater dolphin kicks off each wall, and legal finish. The swimmer should be targeting an equal stroke count per length.
3	Swim 100m breaststroke in under 2 minutes 20 seconds	From a racing start, swim 100 metres efficient breaststroke in under 2 minutes 20 seconds, demonstrating a legal underwater phase off each wall, and legal turns and finish. The swimmer should be targeting an equal stroke count per length.
4	Swim 100m butterfly in under 2 minutes 20 seconds	From a racing start, swim 100 metres butterfly in under 2 minutes 20 seconds, demonstrating legal turns with a minimum of 5 metres streamlined underwater dolphin kicks off each wall, legal turns and finish. The swimmer should be targeting an equal stroke count per length.
5	Swim 2 x 200m Individual Medley (IM)	Swim 2 x 200 metres IM, demonstrating a minimum of 5 metres underwater dolphin kicks or legal underwater phase, where appropriate, at turns, and legal finish. The swimmer should be targeting an equal stroke count per length.

Skills: Advanced Swimming Level 4



6	Perform 400m fast kick using maximum effort	Perform 400 metres maximum effort kick as 200m frontcrawl and 200m choice of different stroke; using a kickboard if appropriate for chosen stroke.
7	Pull 150m frontcrawl and 150m backstroke	Using a pullbuoy, pull 150 metres frontcrawl followed by 150 metres backstroke.
8	Swim a set totalling 800m frontcrawl	Swim an 800m frontcrawl set at an even pace, for example: 2 x 400 metres, 4 x 200 metres or 8 x 100 metres or 16 x 50 metres (or something more creative!)

Skills: Advanced Swimming Level 5



The recommended total swimming time at this level is 4 hours per week, in a swimming club environment.

Aims

1. Develop stroke technique and speed over increased distances for all four strokes
2. Demonstrate a maximum effort kick set over increased distance
3. Perform a set totalling 800m

Assessment Outcomes

Legal strokes and actions refer to compliance with FINA Laws.

1	Swim 200m frontcrawl in under 3 minutes 30 seconds	From a racing start, swim 200 metres efficient frontcrawl in under 3 minutes 30 seconds, demonstrating legal tumble turns with a minimum of 5 metres streamlined underwater dolphin kicks off each wall and finish. The swimmer should be targeting an equal stroke count per length.
2	Swim 200m backstroke in under 4 minutes	From a racing start, swim 200 metres efficient backstroke in under 4 minutes, demonstrating legal turns with a minimum of 5 metres streamlined underwater dolphin kicks off each wall, and legal finish. The swimmer should be targeting an equal stroke count per length.
3	Swim 200m breaststroke in under 4 minutes 30 seconds	From a racing start, swim 200 metres efficient breaststroke in under 4 minutes 30 seconds, demonstrating a legal underwater phase off each wall, and legal turns and finish. The swimmer should be targeting an equal stroke count per length.
4	Swim a set totalling 200m butterfly	Swim a set totalling 200m of efficient butterfly at an even pace, demonstrating turns with a minimum of 5 metres underwater dolphin kick off each wall, legal turns and finish. The set should include a minimum of 1 x 100m swim and then be broken as either 50m or 25m swims. The swimmer should be targeting an equal stroke count per length.
5	Swim 400m Individual Medley (IM)	Swim 400 metres IM, demonstrating a minimum of 5 metres underwater dolphin kick or legal underwater phase, where appropriate, legal turns and finish.

Skills: Advanced Swimming Level 5



6	Perform 4 x 100m maximum effort kick	Perform a set of 4 x 100 metres maximum effort kick on a swim and rest time of 2 minutes 45 seconds.
7	Swim a set totalling 600m frontcrawl and 450m another stroke	Swim a minimum of 3 x 200 metres frontcrawl and 3 x 150 metres of another stroke, focusing on distance per stroke, consistent time for each repetition and consistent underwater dolphin kick to a minimum of 5m.
8	Swim 800m frontcrawl	Swim 800 metres frontcrawl at an even pace, focusing on distance per stroke and consistent underwater dolphin kick to a minimum of 5m.



Diving Skills

Diving Skills

Diving Skills are a series of structured levels that provide a clear pathway for the safe introduction of diving. Diving Skills covers levels 1 to 3 of the Diving Pre Skills and 1 to 7 of the Diving Skills structure.

Each level in the scheme provides a well-defined set of goals and targets for the learning of the sport. This is based around key skills at every level, allowing for progressive development.

The Diving Skills programme is carefully linked to the Swim Wales National Framework for Diving.

Diving Pre Skills Level 1-3

The Swim Wales Learn to Dive (Pre Skills) follows the approved Swim Wales framework which are entry level diving Skills delivered in a facility with a water depth of 1.8M and link with the Wave 3 assessment outcomes from the Learn to Swim Wales framework.

Diving Skills - Levels 1-7

The Swim Wales Diving Skills follows the approved Swim Wales framework which are progressive from the Pre Skills levels

and link with the Wave 4 assessment outcomes from the Learn to Swim Wales framework.

Entry Guidance

- Minimum age of 5 years old
- Able to swim 25 metres without goggles
- Deep water confidence (at the discretion of the Diving coach)

Benefits of the Diving Skills Framework:

- Gives teachers and coaches a structured framework to utilise specifically for aspiring divers.
- Gives clarity to divers on what they are working on and what skills are important to develop. This motivates children to progress through the levels and improve their skills.
- Follows on from the Learn to Swim Wales Framework, therefore providing a seamless link into the sport from a learn to swim provider.
- Has a bilingual award scheme where providers can offer certificates to participants after achieving a level.



DIVING PRE-SKILLS: LEVEL 1



1	Start position 1*	Legs together and straight, Stomach and glutes tight, arms together above head positioned just behind the ears with head in a neutral position
2	Forward push and glide to hand grab	Forward start with shoulders on the water line, knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong push with legs to a firm stretched body position.
3	Back push and glide to hand grab	Start facing poolside with knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong leg push, arms to be brought overhead to resume a stretched body position.
4	Forward somersault in the water to finish upright	Start in the water away from poolside. Tuck head in and shoulders forward into water and lift hips to start forward rotation. Pull knees into chest and rotate 360°. If needed use sculling action with hands to assist rotation. Finish in an upright position.
5	Forward push and glide to forward somersault in the water	Forward start with shoulders on the water line, knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong push with legs to a firm stretched body position. Tuck head in and shoulders forward into water and lift hips to start forward rotation. Pull knees into chest and rotate 360°. If needed use sculling action with hands to assist rotation. Finish in an upright position.
6	Sitting dive	Forward start sitting on pool edge, feet together, arms straight above head with hands grabbed. Lean over legs as far as possible and lift hips upwards, straighten legs on entry.

DIVING PRE-SKILLS: LEVEL 2



1	Forward Jump straight no armswing	From poolside, forward start, hands grabbed. Maintain tension and control through flight and entry. Vision forward and down towards the entry point. (Maintain the neutral head position.)
2	Back jump straight no armswing	Back start, strong leg drive down and forward to move body to a safe distance from poolside. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry.
3	Pike shape float to stretch in the water	Start in the water. Hold a pike shape for a minimum of 3 seconds. Diver to try and hold their pike shape with eyes open. Stretch out to start position 1
4	Forward jump tuck start position 1 from poolside	Forward start, strong jump, arms fully extended above head. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry. Vision forward and down towards the entry point. (Maintain the neutral head position.)
5	Forward pike fall from poolside (shallow entry in water less than 1.8m deep)*	Body bent at the hips, maximum of 90° angle at the waist, legs straight, flat back, straight arms above the head and hands grabbed in entry position. Vision past thumbs to entry point. Rise-up onto toes, over balance without pushing. Stretched position for entry. Diver to enter water slightly short of vertical
6	Push and glide with half twist (front and back)	Forward start facing poolside with knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong leg push, arms to be brought overhead to resume a stretched body position. Turn one shoulder towards the floor to initiate twist onto front, maintaining stretched position.

DIVING PRE-SKILLS: LEVEL 3



1	Forward jump straight with armswing from poolside	Forward start, narrow, straight and fast armswing. Strong jump, maintain tension and control through flight and entry.
2	Back jump tuck from poolside, no armswing	Back start, strong leg drive down and forward to move body to a safe distance from poolside. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry.
3	Back push and glide to back circle*	Start facing poolside with knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong push into the wall, armswing back vigorously over the head, tip head back and look back for water to help generate rotation. Diver to attempt a full circle underwater with eyes open.
4	Forward jump tuck, with armswing from poolside	Forward start, with a smooth continuous armswing. Strong jump, arms fully extended above head. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry.
5	Forward push and glide start into pike roll	Forward start with shoulders on the water line, knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong push with legs to a firm stretched body position. Tuck head in and shoulders forward into water and lift hips to start forward rotation. Keeping legs straight and holding ankles rotate 360° in a pike shape. Finish in an upright position.
6	Forward crouch dive (shallow entry in water less than 1.8m deep)	From crouch, hands grabbed above the head, strong leg push to generate hip lift and rotation. Eyes to focus on entry point. Body tension and correct hand grab for entry. Entry short of vertical.

DIVING: LEVEL 1



1	Start position 1	Legs together and straight, Stomach and bottom squeezed in, arms together above head positioned just behind the ears with head in a neutral position
2	Forward jump straight from poolside, no armswing	Forward start, hands grabbed. Maintain tension and control through flight and entry. Vision forward and down towards the entry point. (Maintain the neutral head position.)
3	Forward jump tuck from poolside, no armswing	Forward start, strong jump, arms fully extended above head. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry. Vision forward and down towards the entry point. (Maintain the neutral head position.)
4	Forward tuck roll from poolside	From crouch with toes on the edge, roll forward into the water keeping a tight tuck shape with the head tucked in. Chin on knees, vision on entry point. Shape to be held until diver has rotated 360°.
5	Forward pike fall from poolside (shallow entry in water less than 1.8m deep)*	Body bent at the hips, maximum of 90° angle at the waist, legs straight, flat back, straight arms above the head and hands grabbed in entry position. Vision past thumbs to entry point. Rise-up onto toes, over balance without pushing. Stretched position for entry. Diver to enter water slightly short of vertical
6	Back jump straight, no armswing*	Back start, strong leg drive down and forward to move body to a safe distance from poolside. Maintain tension and control through flight and entry. Vision forward and down towards the entry point. (Maintain the neutral head position.)
7	Forward jump straight from 1m board	Forward start, strong and well-timed leg push from the board. Maintain tension and control through flight and entry. Strong leg drive and correct board timing required.

DIVING: LEVEL 2



1	Push and glide on the back including a hand grab	Start facing poolside with knees bent and feet on the wall. Hands to grip poolside edge or trough. Strong leg push, arms to be brought overhead to resume a stretched body position.
2	Back jump tuck from poolside, no armswing	Back start, strong leg drive down and forward to move body to a safe distance from poolside. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry.
3	Forward crouch dive from poolside (shallow entry in water less than 1.8m deep)	From crouch, hands grabbed above the head, strong leg push to generate hip lift and rotation. Eyes to focus on entry point. Body tension and correct hand grab for entry. Entry should be short of vertical.
4	Back tuck roll from poolside	Start on poolside in a crouch, back facing the water. Balance on tip toes, heels over the edge of the pool and roll back into the water pulling into a tight tuck shape. Eyes focussed past the toes throughout the movement. Shape to be held until the diver is under the water.
5	Forward pike fall from 1m board*	Body bent at the hips, maximum of 90° angle at the waist, legs straight, flat back, straight arms above the head and hands grabbed in entry position. Rise up onto toes, over balance without pushing. Stretched position for entry. Diver to enter water slightly short of vertical, with eyes focussed past the thumbs to entry point.
6	Forward jump tuck, no armswing from 1m board	Forward start, strong jump, arms fully extended above head. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry. Vision forward and down towards the entry point. (Maintain the neutral head position.)
7	Back pike roll from poolside	Back start. Start to fall backwards in straight shape then bend quickly at the hips ensuring legs stay straight. Press and hold forward into a deep pike shape whilst lifting and balancing high on tip toes and rolling backwards into the water, landing on the seat, keeping toes held on the poolside as long as possible. Hold the pike shape through the water.

DIVING: LEVEL 3



1	Forward jump straight from 3m board	Forward start. Strong and well-timed leg push from the board. Maintain tension and control through flight and entry. Strong leg drive and correct board timing required.
2	Back jump straight from 1m board	Back start. Strong leg drive down and forward to move body to a safe distance from poolside. Maintain tension and control through flight and entry.
3	Forward dive straight from poolside* (shallow entry in water less than 3.8m deep)	With hands grabbed above head, strong leg push to generate hip lift and rotation. Eyes to focus on entry point. Body tension and correct hand grab for entry. Entry should be short of vertical.
4	Back dive from crouch position	Starting in crouch position with arms held straight and down, fingers touching poolside to aid balance, back straight, balancing on the balls of the feet. Hard leg drive, backwards up and away from poolside. Arms moving quickly backwards behind the ears to generate rotation. Head moves backwards to look for entry. Leg line remains straight through the air. Good body tension through entry into the water.
5	Back fall straight from 1m board	Back start, hands grabbed above head (Position 1). Lift heels, feet remain in contact with board as fall back and away. Pull arms behind ears into back arch, looking back for entry. Hold body tension throughout.
6	Forward pike wedge from poolside	Forward start, arms above head. Strong leg push to generate hip lift and rotation. Lift the hips vertically, pressing forward into a deep pike shape. Hands close together to keep arm movement narrow. Land vertically in the water, feet and hands together in the pike shape.
7	Back pike sit, from poolside*	Lift toes to just short of vertical, pressing hands forward into a deep pike shape, hands reaching past toes. Land on seat in water holding the pike shape through the water.

DIVING: LEVEL 4



1	Forward jump pike from 1m board	Forward start. Strong jump, arms fully extended above head. Pike shape to be completed correctly and with speed. Stretched position to be shown on entry.
2	Forward jump straight, with armswing, from 1m board	Forward start, narrow, straight and fast armswing. Strong and well-timed leg push from the board. Maintain tension and control through flight and entry. Strong leg drive and correct board timing required.
3	Forward dive with tuck from poolside	Forward start, slight bend at the hips. Strong leg push. Hips lift high into tight tuck shape. Eyes focused on entry point. Strong kick out and hand line up to hand grab. Good body tension through line up and entry.
4	Back dive straight, with armswing, from poolside	Back start, smooth continuous arms held above the head in a hand grab position. Hard leg drive, backwards up and away from poolside. Arms pull back behind the ears creating added rotation and slight arch in the bodyline, held through entry. Head looks back for entry position. Straight legs and body tension maintained throughout dive and entry.
5	Forward pike line up from 3m board	Body bent at the hips, maximum of 90° angle at the waist, legs straight, flat back, hands grabbed in entry position. Eyes on fixed position, down and forwards. Thumbs visible in peripheral vision. Rise up onto toes, over balance without pushing. Stretched position for entry. Enter water slightly short of vertical.
6	Back jump tuck, with armswing from poolside	Back start, with a smooth continuous armswing. Strong jump, arms fully extended above head. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry.
7	Back pike sit, with armswing, from poolside*	Backwards start with smooth continuous arm swing reaching slightly backwards and finishing behind the ears. Strong leg drive down and forward to move body to a safe distance from poolside. Lift toes to just short of vertical, pressing hands forward into a deep pike shape, hands reaching past toes. Land on seat in water holding the pike shape through the water.

DIVING: LEVEL 5



1	Back tuck roll from 1m	Sitting backwards in a tight tuck shape, hands on shins, elbows drawn in tight. Eyes focused down and on the board maintaining shape whilst in contact with the board. Strong kick to straight position, glutes tight. Arms remain in position 3.
2	Inward pike wedge from poolside	Back start, arms above head start position 2. Strong leg push down and forward to generate hip lift and rotation away from poolside. Lift the hips vertically, pressing forward into a deep pike shape. Hands close together to keep arm movement narrow. Land vertically in the water, feet and hands together in the pike shape.
3	Forward dive tuck from 1m, with armswing	Forward start, narrow, straight and fast armswing. Strong leg push. Hips lift high into tight tuck shape. Eyes focused on entry point. Strong kick out and hand line up to hand grab. Good body tension through line up and entry.
4	Back jump tuck from 3m, with armswing	Back start, with a smooth continuous armswing. Strong jump, arms fully extended above head. Tuck shape to be completed correctly and with speed. Stretched position to be shown on entry.
5	Forward tuck roll from 3m	Sitting on the end of the board in a compact tuck shape, hands low on shins, eyes focused down and forward on entry point. Before the role a strong kick out to pike balance shape is performed on the board. Roll forward, Strong kick out and hand line up to hand grab. Good body tension through line up and entry.
6	Bouncing forward jump straight from 1m (Board timing)	Arms start in front of the hips, press back on the first bounce and complete a full armswing with the second bounce. Arms to reach behind the ears with the body aligned in a flat straight shape. Maintain straight flat posture during flight and entry.
7	Back jump pike from 1m, with armswing	Back start, with a smooth continuous armswing. Strong jump, arms fully extended above head. Pike shape to be completed correctly and with speed. Stretched position to be shown on entry.

DIVING: LEVEL 6



1	Reverse pike sit from poolside, with armswing	Forward start. Heels lift, deep squat, strong jump with a fast armswing to reach and finish past the ears. Keeping the upper body still, lift legs together and straight into a pike shape. Press arms and chest forward grabbing ankles holding onto the shape until fully submerged
2	Inward dive tuck from 1m	Back start, arms above head in 'Start 2' position. Strong leg push down and forward to generate hip lift and rotation away from poolside. Lift the hips vertically, pressing arms narrow and forward into a tight tuck shape eyes looking over the knees. Kick out to straight entry shape with hand grab, legs together, feet pointed.
3	Bouncing forward dive tuck from 1m	A minimum two bounces with good body posture and tension throughout. Arms starting in front of hips and kept straight all times. On completion of final armswing arms press narrow and forward, knees lift to chest hands grab shins completing a tight tuck shape lifting hips to aid rotation. Eyes looking for entry spot at all times. Kick out to straight entry shape with hand grab, legs together, feet pointed.
4	Back dive tuck from 1m, with armswing	Back start, minimum two rocks before legs squat and arms circle smoothly backwards, completing the armswing behind the ears, chest remaining still throughout. Knees lift to tuck shape, arms moving forward and narrow to touch shins. Vision forward and over the knees looking for the spot. Kickout upward and diagonal with eyes looking past toes before looking back and grabbing for entry.
5	Straight fall forward from 3m	Arms in 'T' start, head in a neutral position eyes focused on entry position. Posture straight and tight. Controlled lift onto toes and fall forward maintaining posture and form. Arms move together into hand grab for entry.
6	Forward somersault tuck from poolside	Forward start, arms above head, Strong leg push and hip lift to generate rotation. Lift the hips vertically. Throw the arms fast and forward into a tight tuck shape hands on shins eyes looking past knees for the spot. Strong kick out down for a feet first entry. Legs together and feet pointed for entry.
7	Back fall straight from 3m	Head neutral, arms on thighs. Lift heels and look backwards in preparation for entry. Shoulders remain relaxed with good tension throughout the rest of the body. Hands grab above the head for entry.

DIVING: LEVEL 7



1	Reverse dive tuck with armswing from 1m	Forward start. Heels lift, deep squat. Keeping the upper body still, strong jump with a fast armswing to reach and finish past the ears. Knees lift to tuck shape, arms moving forward and narrow to touch shins. Vision forward and over the knees looking for the spot. Kickout upward and diagonal with eyes looking past toes before looking back and grabbing for entry
2	Inward dive tuck 3m	Back start, arms above head in 'Start 2' position. Strong leg push down and forward to generate hip lift and rotation away from poolside. Lift the hips vertically, pressing arms narrow and forward into a tight tuck shape eyes looking over the knees. Kick out to straight entry shape with hand grab, legs together, feet pointed.
3	Forward dive tuck 3m	Forward start. Strong jump, arms press narrow and forward, knees lift to chest hands grab shins completing a tight tuck shape lifting hips to aid rotation. Eyes looking for entry spot at all times. Kick out to straight entry shape with hand grab, legs together, feet pointed.
4	Armswing forward dive with pike from 1m	Forward start, arms above head. Fast smooth armswing. Strong leg push to generate hip lift and rotation. Lifting the hips vertically, press forward and narrow into a deep pike shape. Eyes on entry point. Arms exit pike into a 'T' arm position, stretch to straight shape and line arms up into hand grab position holding strong squeezed shape throughout flight and entry.
5	Inward dive pike 1m	Back start, arms above head in 'Start 2' position. Strong leg push down and forward to generate hip lift and rotation away from poolside. Lift the hips vertically, pressing arms narrow and forward into a tight pike shape eyes looking at spot. Kick out to straight entry shape with hand grab, legs together, feet pointed.
6	Forward somersault tuck 1m	Forward start, arms above head, Strong leg push and hip lift to generate rotation. Lift the hips vertically. Throw the arms fast and forward into a tight tuck shape hands on shins eyes looking past knees for the spot. Strong kick out down for a feet first entry. Legs together and feet pointed for entry.
7	Crouched back tuck roll 3m	Back start, compact tight tuck shape, balanced on toes. Hands on shins, elbows tight against body. Eyes focused over the knees holding tuck shape whilst in contact with the board. Strong kick to flat shape hand on thighs eyes looking over toes before moving to look back for entry. Hands move past the head before making hand grab. Hold strong shape for entry.



Artistic Swimming Skills

Artistic Swimming Skills

Artistic Swimming is an exciting mixture of swimming, dance and gymnastics performed in the water to music. Swimmers learn a number of moves known as figures which they incorporate into routines that are performed to music, in either a solo, duet or team.

Artistic Swimming demands great water skills, strength, endurance, flexibility and synchronisation. It is a great way to get fit as well as learn something new and have a lot of fun, and it is not just for females, males can also participate in the sport!

Entry Guidance:

- Completed Wave 4 of Learn to Swim Wales
- Confident in water out of personal depth (at the discretion of the Artistic Swimming coach)

Benefits of the Artistic Swimming Skills Framework:

- Gives teachers and coaches a structured framework to utilise specifically for aspiring artistic swimmers.
- Gives clarity to artistic swimmers on what they are working on and what skills are important to develop. This motivates children to progress through the levels and improve their skills.
- Follows on from the Learn to Swim Wales Framework, therefore providing a seamless link into the club from a learn to swim provider.
- Has a bilingual award scheme where providers can offer certificates to participants after achieving a level.



SKILL 1 – SYNCHRO WALES



1	Step into water at least 1.8m deep, arms by side	Step (not jump) into water at least 1.8m deep with arms down by the side. Ensuring clean entry with pointed feet.
2	Demonstrate a stationary back layout (5 seconds)	<p>Float on the back with arms down by the sides (known as the back layout position)</p> <ul style="list-style-type: none"> • Body horizontal with hips, thighs and feet at surface, toes pointed. • Shoulders pulled down and back. • Back of neck extended, face parallel to water surface. • Legs tight with knees fully extended with knees and feet fully extended • Smooth flat sculling by hips with elbows slightly bent and upper arms stationary. Minimal disturbance of water. • Hold for 5 seconds
3	Swim 5m, surface dive and swim underwater breaststroke	Swim 5 metres on the front then surface dive and perform 3 breaststrokes under water. On surfacing show controlled breathing.
4	Tread water for 20 seconds	Tread water for 20 seconds using hands and egg-beater leg action.
5	5 metres synchro breaststroke	<ul style="list-style-type: none"> • Body angled to allow for continuous kick without disturbance of the water surface • Body erect with shoulders pulled down and back and level. Neck fully extended. • Breaststroke arm pull with a continuous rhythm • Head and shoulders should remain out of the water throughout the stroke
6	5 metres synchro straight arm backstroke	<ul style="list-style-type: none"> • Body angled to allow for continuous flutter kick without disturbance of the water surface with ears in the water. • Strong continuous flutter kick from hips. • On each arm action little finger out of water first which should show a shoulder lift • Arm straight over the surface. • Arm “stops” at “90 degrees” to water surface and then continues over. • Little finger entering first.
7	Counting to music using two different tempos	Using a 1-8 beat show the ability to count to two different tempos of music.
8	Perform a short routine 30-45seconds	Perform a 30-45 seconds sequence to music, using a variety of skills learnt.

SKILL 2 – SYNCHRO WALES



1	Step into water at least 1.8m deep, arms in 'Y' position	Step (not jump) into water at least 1.8m deep, with arms above the head in the 'Y' position. Ensuring clean entry with pointed feet.
2	Demonstrate a tub position	<ul style="list-style-type: none"> • Starting in a back layout position, draw knees up to the chest so they are close to the surface. • Keeping the feet up and try to get the shins totally flat on the surface of the water. • Hold this tub position for 5 seconds. • Then return to a back layout position.
3	Perform a smooth transition from one stroke to another	Swim 5 metres using one stroke, then change smoothly into a different stroke and swim a further 5 metres, all in a straight line.
4	Perform side flutter for 10m (Both sides)	Perform side flutter for 10 metres. (Both sides)
5	Demonstrate support scull standing in water	<ul style="list-style-type: none"> • Arms bent so forearms are parallel to water surface. • Elbows in line with body. • Palms face slightly out on the outward movement. • Hands flat on inward movement palms • Long sculls • Continuous movement with even pressure on the outward and inward movement. • Effective scull demonstrating power
6	Perform a bent knee position from a back layout (with the use of a buoyancy aid)	<ul style="list-style-type: none"> • Begin in a Back Layout Position. • Horizontal leg remains at the surface throughout. • The foot of the other leg is drawn along the inside of the horizontal leg to assume a Bent Knee Position. (when the knee is vertical to the water) • The toe moves along the inside of the horizontal leg until a Back Layout Position is assumed.
7	Travel 3metres head first sculling followed by 3metres feet first	<ul style="list-style-type: none"> • From a back layout position travel head first followed by feet first. • Using a smooth continuous sculling action • Sculling by the hips
8	Perform a short routine 30-45seconds	Perform a 30-45 seconds sequence to music, using a variety of skills learnt.

SKILL 3 – SYNCHRO WALES



1	Perform a pike fall	<ul style="list-style-type: none"> • Standing with toes over edge of pool • Legs straight, body bent at waist to an angle of 45 degrees or less • Arms extended by ears with hands together • Body rolls forward, no push • Entry: hands enter body follows line into water of at least 45 degrees • Body fully extended and muscle tension shown
2	Travelling alternate bent knees (head first) minimum five metres travel; two bent knees on each leg	<ul style="list-style-type: none"> • Traveling head first in back layout • Smooth flat sculling by hips with elbows slightly bent and upper arms stationary. Minimal disturbance of water. • Body fully extended throughout. • While traveling perform alternate bent knees • Drawing the toe along the inside of the horizontal leg to assume a Bent Knee Position. (When the knee is vertical to the water) and the returning to back layout before moving the alternate leg.
3	Perform an oyster	<ul style="list-style-type: none"> • Starting in a back layout • Keeping body fully extended join hands and feet together • Sink in a 'V' shape
4	Swim 10m underwater	Using any stroke, swim underwater for 10 metres.
5	Demonstrate a tub 360'	<ul style="list-style-type: none"> • Starting in a back layout position, draw knees up to the chest so they are close to the surface. • Keeping the feet up and try to get the shins totally flat on the surface of the water. • Remain in tub position rotate on the spot 360' • Then return to a back layout position
6	Hold a front layout position for 5seconds	<ul style="list-style-type: none"> • Body at surface with face in, back of neck fully extended, buttocks and heels at the surface. Position stationary • Smooth flat sculling action with elbows bent and upper arms "stationary" • Sculling action away from and towards the central line of the bod
7	Stationary eggbeater leg kick 30seconds	<ul style="list-style-type: none"> • Body erect with shoulders pulled down and back and level. • Back of neck fully extended • Knees pulled up towards the body and wider than the hips • Knees remaining "stationary" • Smooth continuous alternating action with feet flexed, demonstrating constant height • Water line at "top of the arm crease"
8	Perform a short routine 30-45seconds	Perform a 30-45 seconds sequence to music, using a variety of skills learnt.

SKILL 4 – SYNCHRO WALES



1	Head first drive from standing	<ul style="list-style-type: none"> • Upright stance at edge of pool. Arms extended above the head • Feet together, stomach pulled in and tightness and extension demonstrated • During take-off from the side, the hips must push up and the legs extend • Angle at entry at least 45 degree to water surface • Full extension from the fingers through to the toes shown on entry • Fully extended body shape maintained until fully submerged
2	Travel 25metres head first sculling followed by 25metres feet first	<ul style="list-style-type: none"> • From a back layout position travel head first followed by feet first. • Using a smooth continuous sculling action • Sculling by the hips
3	Perform a smooth transition from one stroke to another over 25metres	Swim two strokes over 25metres all in a straight line with a smooth transitions between strokes
4	Perform a ballet leg with floatation aid	<ul style="list-style-type: none"> • Starting from a back layout with body fully extended • Toe drawn along inside of horizontal leg until thigh is vertical. • Knee stationary as leg is extended to Ballet Leg (leg vertical) • Foot of the non-ballet leg at the surface • Knee remains stationary on lift and descent to bent knee position. • Controlled speed throughout.
5	Pop ups	Eggbeater at the surface followed by a fast a double breaststroke kick to achieve high above the surface
6	Perform a bent knee position from a back layout (stationary)	<ul style="list-style-type: none"> • Begin in a Back Layout Position. • Horizontal leg remains at the surface throughout. • The foot of the other leg is drawn along the inside of the horizontal leg to assume a Bent Knee Position. (when the knee is vertical to the water) <p>The toe moves along the inside of the horizontal leg until a Back Layout Position is assumed.</p>
7	Hanging vertical held for 5seconds	<ul style="list-style-type: none"> • Body extended and vertical. • Back of neck stretched so head is in line with body. • Trunk tight so it is in line with hips and shoulders. • Thighs shins, ankles and feet squeezed towards each other. • Arms position optional
8	Perform a short routine 45seconds – 1min	Perform a 45 seconds – 1min sequence to music, using a variety of skills learnt.

SKILL 5 – SYNCHRO WALES



1	Perform a drive from standing followed by head first boost/pop up	Drive from standing as in skill 4 followed by Eggbeater at the surface followed by a fast a double breaststroke kick to achieve high above the surface
2	Fish Tail position with 5liter bottles	<ul style="list-style-type: none"> • Body 'vertical' and extended • Horizontal leg, foot at the surface • Vertical leg extended and muscle tension obvious
3	Flamingo position held for 5seconds	<ul style="list-style-type: none"> • Starting in a back layout position, draw knees up to the chest so they are close to the surface. • Keeping the feet up and try to get the shins totally flat on the surface of the water. • Lift one leg to vertical • Hold this flamingo position for 5 seconds. • Then return to a back layout position.
4	Travelling eggbeater 5metres each way	<ul style="list-style-type: none"> • Body erect with shoulders pulled down and back and level. • Knee of leading leg wide of body • Trailing leg to side of body and angled to allow propulsion
5	Torpedo skull 10metres	<ul style="list-style-type: none"> • Body horizontal with hips, thighs and feet at surface. • Shoulders pulled down and back with upper chest high. • Back of neck extended, face parallel to water surface. • Legs and ankles fully extended and squeezed towards each other. • Obvious tightness throughout the body and legs. • Arms fully extended • Smooth continuous sculling action allowing smooth foot first travel with minimal disturbance of the water.
6	Reverse scoop skull 3metres	<ul style="list-style-type: none"> • Depth of arms will depend on buoyancy of the swimmer. • Arms bent with elbows out wide. • Elbows remaining relatively stationary throughout. • Rotation of the arms towards the body.
7	Vertical showing support skull	<ul style="list-style-type: none"> • Body 'vertical' and extended • Arms bent so forearms are parallel to water surface Palms facing the bottom of the pool • Palms face slightly out on the outward movement • Hands flat on inward movement palms remaining facing the bottom of the pool • Continuous powerful movement with even pressure on the outward and inward movement
8	Perform a short routine 45seconds – 1min	Perform a 45 seconds – 1min sequence to music, using a variety of skills learnt.



Water Polo Skills

Water Polo Skills

Water Polo Skills offer teachers and coaches a framework to help develop key skills for participation and competition in the exciting sport of Water Polo.

There are 5 levels and awards that are designed for participants who wish to enhance their technique in passing, catching, shooting and scoring, playing as a team and spatial awareness. It is designed to embed good practice and the right habits and skills at an early stage in a player's career.

Entry Guidance:

- Completed Wave 4 of Learn to Swim Wales
- Comfortable in water without goggles

Benefits of the Water Polo Skills Framework:

- Gives teachers and coaches a structured framework to utilise specifically for aspiring water polo players.
- Gives clarity to players on what they are working on and what skills are important to develop. This motivates children to progress through the levels and improve their skills.
- Follows on from the Learn to Swim Wales Framework, therefore providing a seamless link into the sport from a learn to swim provider.
- Has a bilingual award scheme where providers can offer certificates to participants after achieving a level.



Skills: Water Polo Level 1



Aims

1. Learn basic water polo strokes
2. Start throwing and shooting
3. Start to learn about game play

Outcomes

1	Swim 10m Front Crawl face in water, then 10m Head up Front Crawl	Swim 10 metres Front Crawl with face in the water and then 10m with Head up Front Crawl.
2	Swim 10m Head up Front Crawl looking around	Swim 10 metres Head up Front Crawl, looking left for 3 strokes, then straight ahead for 3 strokes, then right for 3 strokes.
3	Swim 10m Head up Front Crawl with the ball	Swim 10 metres Head up Front Crawl, controlling the ball in front with hands.
4	Swim 10m Head up Water Polo Back Crawl	Swim 10 metres Head up Water Polo Back Crawl.
5	Swim 5m Head up Front Crawl and 5m Head up Water Polo Back Crawl	Swim 5 metres Head up Front Crawl then return to starting position by swimming Head up Water Polo Back Crawl.
6	Stay vertical and static for 30 seconds	Stay vertical and static for 30 seconds by using sculling hands and eggbeater kick.
7	Pick up the ball with each hand	In a static vertical body position, pick up the ball from underneath the surface of the water with alternate hands, and bring the ball around and above head between 3 o'clock and 6 o'clock. Repeat the action 6 times with each hand.
8	Pass and catch the ball over 2m	In a vertical body position, pass the ball accurately with a partner, using one hand to throw and two hands to catch over a 2 metre distance. Repeat the action until each player has passed the ball 10 times.
9	Shoot at a target 2m away	In a static vertical body position, pick up the ball and shoot at a target 2 metres away; the aim is to hit the target. Repeat five times, with the preferred arm. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released.
10	Play a Mini Polo game	Play a Mini Polo game with at least three players in each team, demonstrating skills from Water Polo Skills Level 1

Skills: Water Polo Level 2



Aims

1. Develop game mobility
2. Improve throwing and shooting skills
3. Develop game play skills with more players swimming during the game

Outcomes

1	Swim 20m Front Crawl, alternating face in water and Head up	Swim 20 metres Front Crawl, 3 strokes with face in the water followed by 3 strokes Head up Front Crawl, in a continuous action.
2	Swim 20m Head up Front Crawl looking around	Swim 20 metres Head up Front Crawl, looking left for 3 strokes, then straight ahead for 3 strokes, then right for 3 strokes.
3	Swim 20m Head up Front Crawl with the ball	Swim 20 metres Head up Front Crawl, controlling the ball in front with hands.
4	Stay vertical and static for 45 seconds	Stay vertical and static for 45 seconds by using sculling hands and eggbeater kick.
5	Move 5m forwards, backwards, to left and right with fingertips out of water	Move 5 metres forwards, 5 metres backwards, 5 metres left and 5 metres right, ending up at the starting point. Strong sculling hands and eggbeater kick in a vertical body position. Good leg kicks and a vertical body position throughout.
6	Move 5m forwards, backwards, to left and right with palms out of water	Move 5 metres forwards, 5 metres backwards, 5 metres left and 5 metres right, ending up at the starting point. Strong sculling hands and eggbeater kick in a vertical body position while keeping palms out of the water. Good leg kicks and a vertical body position throughout.
7	Swim Head up Front Crawl clockwise around a 5m square	Swim Head up Front Crawl clockwise around a 5 metre square clockwise. After swimming 5 metres, turn 90° to the right, without using the wall or floor and maintaining horizontal body position. Repeat 3 times to arrive back at starting position.
8	Swim Head up Front Crawl anticlockwise around a 5m square	Swim Head up Front Crawl clockwise around a 5 metre square anticlockwise. After swimming 5 metres, turn 90° to the left, without using the wall or floor and maintaining horizontal body position. Repeat 3 times to arrive back at starting position.

Skills: Water Polo Level 2



9	Pick up the ball with each hand	In a static vertical body position, pick up the ball from underneath the surface of the water with preferred hand, and bring the ball around and above head between 3 o'clock and 6 o'clock. Repeat the action 10 times with each hand.
10	Pass and catch the ball over 3m	In a static vertical body position, pass the ball accurately with a partner, using one hand to throw and one hand to catch over a 3m distance. Repeat the action until each player has passed the ball 10 times. Good ball control, strong vertical and diagonal/boxing body positions.
11	Shoot at a target 3m away	In a static vertical body position, pick up the ball with preferred hand and shoot at a target 3 metres away. Repeat 5 times. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released.
12	Play a Mini Polo game	Play a Mini Polo game with at least three players in each team, demonstrating skills from Water Polo Skills Level 2.

Skills: Water Polo Level 3



Aims

1. Improve eggbeater to allow for more dynamic movement
2. Introduce dribbling and catching
3. Encourage games to involve players catching and shooting in one action

Outcomes

1	Swim 30m Head up Front Crawl with the ball, looking around	Swim 30 metres Head up Front Crawl, controlling the ball in front while looking left for 3 strokes, then straight ahead for 3 strokes, then right for 3 strokes.
2	Swim 30m Head up Front Crawl and Head up Water Polo Back Crawl	Swim 30 metres using Head up Front Crawl for 3 strokes then Head up Water Polo Back Crawl for 3 strokes, in a continuous action.
3	Swim 5m Head up Front Crawl and Head up Water Polo Back Crawl, repeatedly	Swim 5 metres Head up Front Crawl then return to starting position by swimming Head up Water Polo Back Crawl. Repeat the action 5 times.
4	Stay vertical and static for 60 seconds, then move off	Stay vertical and static for 60 seconds by using sculling hands and eggbeater kick. Body position high out of the water. After 60 seconds move off in any direction as quickly as possible.
5	Perform 10 one hand jumps	Stay vertical and static in vertical body position. Perform 10 one hand jumps, alternating between the left hand and the right hand.
6	Swim 30m Head up Front Crawl, stopping every 3 strokes to hold horizontal position	Swim 30 metres Head up Front Crawl - stop after every 3 strokes to hold a horizontal body position for 3 seconds, using sculling hands and eggbeater kick.
7	Stay horizontal and static for 30 seconds, then move off	Stay horizontal and static on the surface of the water for 30 seconds by using sculling hands and eggbeater kick. Body position as high as possible out of the water. After 30 seconds move off in any direction as quickly as possible.
8	In vertical position, move 5m forwards, backwards, to left and right with ball in one hand	Move 5 metres forwards, 5 metres backwards, 5 metres left and 5 metres right, ending up at the starting point, using one sculling hand and eggbeater kick in a vertical body position while holding the ball in preferred hand between 3 o'clock and 6 o'clock positions. Good leg kicks, a vertical body position throughout, secure ball handling and swift changes of direction.

Skills: Water Polo Level 3



9	Pass and catch the ball over 4m	In a static vertical body position, pass the ball accurately with a partner, using one hand to throw and one hand to catch over a 4 metre distance. Repeat the action until each player has passed the ball 10 times. Good ball control, strong vertical and diagonal/boxing body positions.
10	Shoot at a target 4m away	In a static vertical body position, pick up the ball with preferred hand and shoot at a target 4 metres away. Repeat 5 times. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released.
11	Catch and shoot at a target 4m away	In a static vertical body position, receive a pass from 3 o'clock (i.e. the right hand side) and catch the ball with preferred hand. Then shoot at a target 4 metres away. Repeat 5 times with the preferred hand. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released.
12	Play a Water Polo game	Play a Water Polo game, lasting 4 x 5 minutes, using skills from Water Polo Skills Level 3. Use good technique and show a basic understanding of game play.

Skills: Water Polo Level 4



Aims

1. Improve ability to catch and shoot
2. Increase speed of changing direction in game play
3. Increase stamina by playing longer games

Outcomes

1	Swim 20m Head up Front Crawl with the ball, then pass it	Swim 20 metres Head up Front Crawl, controlling the ball in front, then pass it to the left or right on the water to another player also swimming Front Crawl.
2	In vertical position move 5m forwards, backwards, to left and right with hands on head	With hands on head, move 5 metres forwards, 5 metres backwards, 5 metres left and 5 metres right, ending up at the starting point. Good leg kicks, vertical body position as high as possible out of the water and swift changes of direction.
3	Perform 10 one hand jumps laterally	Stay facing forward, body should come up vertically and then laterally reaching out sideways with the arm, alternating between the left and right hand.
4	Swim Head up Front Crawl, clockwise around a 3m square	Swim Head up Front Crawl clockwise around a 3 metre square clockwise. After swimming 3 metres, turn 90° to the right, without using the wall or floor and maintaining horizontal body position. Repeat 3 times to arrive back at starting position.
5	Swim Head up Front Crawl, anticlockwise around a 3m square	Swim Head up Front Crawl anticlockwise around a 3 metre square clockwise. After swimming 3 metres, turn 90° to the left, without using the wall or floor and maintaining horizontal body position. Repeat 3 times to arrive back at starting position.
6	Swim 5m Head up Front Crawl and turn 180°, repeatedly	Swim 5 metres Head up Front Crawl then turn swiftly without using the wall or floor and swim 5 metres Head up Front Crawl, back to the starting point. Repeat the action 5 times.
7	Swim 5m Head up Water Polo Back Crawl and turn 180° to swim 5m Head up Front Crawl, repeatedly	Swim 5 metres Head up Water Polo Back Crawl, then turn swiftly without using the wall or floor and 5 metres Head up Front Crawl, back to the starting point. Repeat the action 5 times.

Skills: Water Polo Level 4



8	Catch and shoot at a target 4m away	In a static vertical body position, receive a pass to the right hand side and catch the ball with one hand. Then shoot at a target 4 metres away. Repeat 5 times with the preferred hand. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released.
9	Catch and shoot at a target 5m away	In a static vertical body position, receive a pass to the left hand side and catch the ball with one hand. Then shoot at a target 5 metres away. Repeat 5 times with the preferred hand. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released.
10	Play a Water Polo game	Play a Water Polo game, lasting 4 x 5 minutes, using skills from Water Polo Skills Level 4. Use good technique and show a basic understanding of game play.

Skills: Water Polo Level 5



Aims

1. Introduce complex game representative drills (stop/start drills)
2. Introduce faking and how to use it in a game
3. Demonstrate skills from levels 1 to 5 during a game

Outcomes

1	Swim 20m Head up Front Crawl with the ball, then pass it	Swim 20 metres Head up Front Crawl, controlling the ball in front, then pass it to the left or right to the hand of another player also swimming Front Crawl, who catches the ball in the stroke.
2	In horizontal position move 5m forwards, backwards, to left and right	Move 5 metres forwards, 5 metres backwards, 5 metres left and 5 metres right, ending up at the starting point. Strong sculling hands and eggbeater kick to stay horizontal on the surface of the water. Good leg kicks, body position as high as possible out of the water and swift changes in direction.
3	Swim 20m Head up Front Crawl, with the ball, stopping every 3 strokes to hold vertical position	Swim 20 metres Head up Front Crawl - stop after every 3 strokes and move into the vertical body position, holding this position for 5 seconds, using sculling hands and eggbeater kick.
4	Swim 20m Head up Front Crawl, with the ball, stopping every 3 strokes to hold horizontal position	Swim 20 metres Head up Front Crawl - stop after every 3 strokes and hold a horizontal body position for 5 seconds, using sculling hands and eggbeater kick.
5	In vertical position move 5m forwards, backwards, to left and right, with the ball	With arm holding ball above head, move 5 metres forwards, 5 m backwards, 5 metres left and 5 metres right, ending up at the starting point. Strong sculling hands and eggbeater kick to stay in a vertical body position with arm holding ball out of the water and above head. Good leg kicks, body position as high as possible out of the water and swift changes in direction.
6	Stay vertical and static for 30 seconds while 'faking' the ball	Stay vertical and static for 30 seconds while 'faking the ball' (i.e. pretending to throw the ball but keeping it in the hand), using sculling hand and eggbeater kick. Good leg kicks, strong vertical body position as high as possible out of the water and confident ball handling skills.

Skills: Water Polo Level 5



7	In vertical position move 5m forwards, backwards, to left and right, while 'faking' the ball	While 'faking' the ball, move 5 metres forwards, 5 metres backwards, 5 metres left and 5 metres right, ending up at the starting point. Strong sculling hand and eggbeater kick to stay in a vertical body position. Ball has to travel between 3 o'clock and 6 o'clock in quarter circles above the head. Good leg kicks, body position as high as possible out of the water and swift changes in direction.
8	Pick up the ball with each hand	In a static vertical body position, pick up the ball from underneath the surface of the water with alternate hands, and bring the ball around and above head between 3 o'clock and 6 o'clock. Repeat the action 10 times with each hand.
9	Pass and catch the ball over 5m	In a static vertical body position, pass the ball accurately with a partner, using one hand to throw and one hand to catch over a 5 metre distance. Repeat the action until each player has passed the ball 10 times. Good ball control, strong vertical and diagonal/boxing body positions.
10	Catch from the right and shoot at a target 5m away	In a static vertical body position, receive a pass to the right hand side and catch the ball with preferred hand. Then shoot at a target 5m away. Repeat 5 times with preferred hand. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released. Co-ordinated sequence of skills to produce an effective shot.
11	Catch from the left and shoot at a target 5m away	In a static vertical body position, receive a pass to the left hand side and catch the ball with one hand. Then shoot at a target 5m away. Repeat 5 times. The target may be a goal, kick board, bottles etc. Good body position and body rotation during the shooting motion; flick palm and fingers after ball is released. Co-ordinated sequence of skills to produce an effective shot.
12	Play a Water Polo game	Play a Water Polo game, lasting 4 x 5 minutes, using skills from Water Polo Skills Level 5. Use good technique and show a basic understanding of game play.



Contact Us:

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