

STA Adult Stages 1 – 4

‘Adult 1’ – Learning Outcomes

Enter the water unaided in a safe manner.



Move forward for 5 metres using basic front crawl or breaststroke type leg action, showing the ability to regain feet (support may be given).

Swim backwards for 5 metres using backstroke leg action, showing the ability to regain feet (support may be given).



Blow an object through the water.

Push and glide on the front to the wall or push and glide on the back from the wall to a partner or teacher.





Tread water action with legs.

10 metre front leg kick with float.



10 metre back leg kick with float.

Unaided, leave the pool in any safe manner.



Swim England Adult Program

Be more confident 1 – Skills Tracking

Understand the benefits of swimming.



Enter the water safely.

From in the water, move along the edge, one hand over the other, towards the steps and climb out.



Be at ease walking around within the pool.

Be at ease with water on the face.



Regain an upright position from on the front with support.



Regain an upright position from on the back with support.



Perform a flat, stretched front floating position, holding on to the side of the pool or with support from a partner or teacher.

Perform a flat, stretched out floating position on the back with support from a partner or teacher.





Whilst standing, inhale and then exhale with nose and mouth submerged.

Within standing depth with feet on the floor, submerge the head.



Inhale and, with the face submerged, exhale. Repeat rhythmically a minimum of 3 times.

Push and glide to the wall or a partner with the use of flotation equipment, maintaining a streamlined position on the front with the face submerged.





Push and glide from the wall with the use of floatation equipment but without support from a partner or teacher.

Push and glide from the wall with the use of floatation equipment but without support from a partner or teacher.



Perform a flat, stretched floating position on the back with the use of floatation equipment but without support from a partner or teacher.

In a flat position and with the use of floatation equipment, travel 10m on the front.



In a flat position and with the use of floatation equipment, travel 10m on the back.

