



## Learn to Swim - Swimming Stage 8 Outcomes

By completing this Award you will be able to:

1. Complete a set lasting 400 metres (e.g. 16 x 25 metres, 8 x 50 metres, 4 x 100 metres) on a specific turnaround time agreed by the teacher or coach (e.g. 1.00 minutes for each 25 metres) with a focus on stroke technique and consistency.
2. Swim 400 metres continuously using one stroke.
3. Push and streamline then kick 25 metres backstroke with or without using a board.
4. Push and streamline then kick 25 metres breaststroke with or without using a board.
5. Push and streamline then kick 25 metres butterfly without using a board.
6. Push and streamline then kick 25 metres front crawl with or without using a board.
7. Perform a backstroke turn from 10 metres in to 15 metres out.
8. Perform a breaststroke turn from 10 metres in to 15 metres out.
9. Perform a butterfly turn from 10 metres in to 15 metres out.
10. Perform a front crawl turn from 10 metres in to 15 metres out.
11. Perform a dive track or grab start, and kick butterfly underwater in a streamlined position for 5 metres with the focus on progressing it to 10 metres.\*