



## Learn to Swim - Swimming Stage 9 Outcomes

By completing this Award you will be able to:

1. Complete a set lasting 800 metres (either 16 x 50 metres, 8 x 100 metres, 4 x 200 metres) on a specific turnaround time agreed by the teacher or coach (e.g. 1.30 minutes for 50 metres) with a focus on stroke technique and consistency.
2. Swim 800 metres continuously using one stroke.
3. Swim a continuous 100 metre individual medley (4 x 25 metres) using recognised turns with a focus on stroke technique and consistency.
4. Perform a 15 metre underwater kick on front from a push and glide in a streamlined position.
5. Perform a backstroke start then butterfly kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.\*
6. Perform a front crawl start then kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.\*
7. Perform a butterfly start then kick in a streamlined position up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.\*
8. Perform a breaststroke start then perform a one and a half pull underwater. Transfer into stroke and complete the remainder of the 25 metres.\*