

**In Stage 1** of the ASA Learn to Swim Framework your child should will develop basic movement skills, water confidence and safety awareness. Don't forget the swimmers will be able to use aids e.g. arm bands and floats to help complete this stage.

- Enter the water safely
- Move forwards for a distance of 5 metres
- Move backwards for a distance of 5 metres
- Move sideways for distance of 5 metres
- Scoop the water and wash 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
- Regain an upright position from on the front with support
- Push and glide in a horizontal position to or from a wall
- Take part in a teacher-led partner orientated game
- Demonstrate an understanding of pool rules