

By the end of Stage 5 of the ASA Learn to Swim Framework, your child should have reached 12 outcomes. Swimmers should complete these outcomes without support

- Perform a horizontal stationary scull on the back
- Perform a feet first sculling action for 5 metres whilst horizontal on the back
- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
- Tread water for 30 seconds
- Perform three different shaped jumps into deep water
- Swim 10 metres backstroke
- Swim 10 metres front crawl face in the water
- Swim 10 metres breaststroke 9. Swim 10 metres butterfly
- Perform a handstand and hold for a minimum of three seconds
- Perform a forward somersault, tucked, in the water
- Demonstrate an action for getting help