

By the end of Stage 6 of the ASA Learn to Swim Framework, your pupils should have reached 11 outcomes (full details are contained in the Teacher's Complete Framework). Swimmers should complete these outcomes without support

- Demonstrate an understanding of preparation for exercise
- Sink, push off on side from the wall, glide, kick and rotate into backstroke
- Sink, push off on side from the wall, glide, kick and rotate into front crawl
- Swim 10 metres wearing clothes
- Swim front crawl to include at least six rhythmical breaths Swim breaststroke to include at least six rhythmical breaths Swim butterfly to include at least three rhythmical breaths 8.
- Swim 25 metres, choice of stroke is optional
- Perform a 'shout and signal' rescue
- Perform a surface dive
- Exit the water without using steps