

NATIONAL PLAN FOR TEACHING SWIMMING (NPTS)

LEVEL DESCRIPTIONS AND ENTRY REQUIREMENTS

	Entry Requirements for new Swimmers	Class Syllabus includes	Age Range	Award
LEVEL 1 Waddles	The swimmer shall be comfortable without parental support in the water	Developing basic safety in the water in a small class scenario, The swimmers will learn basic movement and water confidence skills. Swimmers will use armbands and other buoyancy aids.	3 - 4 years	NPTS Level 1
LEVEL 2 Waddles	The swimmer will be able to paddle confidently for 5 meters without support whilst using swimming aids.	Developing safe entries into water including jumping in, basic floating, travel and rotation unaided to gain upright position in the water. Swimmers may use arm bands, floats etc.	4 years	NPTS Level 2
LEVEL 3	The swimmers will be able to travel 5 meters without support or swimming aids on their front or back	Developing safe entries including submersion, travel up to 10 meters on the front and back, progress rotation skills and water safety knowledge	4-5 years	NPTS Level 3
LEVEL 4	The swimmers will have a degree of water confidence, will be able to travel 10 meters on the front or back with ease and submerge to pick up a object from 0.9m depth.	Develops the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 10 meters to a given standard by the ASA. (1) to tread water in deep water for 1 minute	5- 6 years	NPTS Level 4
LEVEL 5	The swimmers will be able to kick 10 meters on each of the four strokes with or without a float with ease, tread water in deep water for 1 minute with ease.	Developing watermanship through sculling and treading water skills and complete rotation, performing all four strokes to a given standard by the ASA (1)	6-7 years	NPTS Level 5
LEVEL 6	Swimmers should be able to perform strokes for 10 meters to a given standard by the ASA (1)	Developing effective swimming skills including co coordinated breathing, developing water safety aspects and preparation for exercise,	7- 8 years	NPTS Level 6
LEVEL 7	The swimmers will be able to demonstrate quality stroke technique including co coordinated breathing whilst swimming 25 meters using one of the four strokes of the swimmers choice, The swimmer should understand the importance of warming up.	Develop quality stroke technique up to 100 meters incorporating skills learnt and combining them to develop a linked routine and complete and obstacle course that combines a variety of skills accomplished through stages 1 -7.	7 - 8 years	NPTS Level 7
LEVEL 8	Swim with coordinated breathing for a distance up to 100 m	There is an aim to consolidate aquatic skills and teach controlled breathing, so that pupils can swim competently, using correct or basic technique on three of the main strokes over a standard distance of 25 meters and on butterfly over 10 metres. In addition, turns and essential safe foundation practices for diving are introduced.	8 - 9 years	NPTS Level 8
LEVEL 9 + LEVEL 10	The swimmer should be able to swim using three of the main strokes over a standard distance of 25 meters and on butterfly over 10 metres. In addition, turns and essential safe foundation practices for diving are introduced.	Once an acceptable basic competence is achieved in the fundamental skills, swimmers can progress to the development of more efficient swimming. This level also consolidates the wider range of associated disciplines, synchronised swimming, water polo and diving as well as providing for the development of a greater awareness and expertise in personal water safety and survival swimming. From this stage, pupils with the interest and enthusiasm will be ready to move on to participate across the range of swimming and aquatic sports with a solid foundation.	9 - 11 years	NPTS Level 9/10
LEVEL 11 + LEVEL 12	Swim continuously for 200 meters using any stroke or combination of strokes. Strokes must show ease and efficiency	As well as the further development of the main swimming strokes, this phase acts as an introduction to the early stages of training in competitive swimming; this provides a basis for swimming as part of a health lifestyle and continues with some more advanced activities in other disciplines. The development of both basic aerobic swimming endurance and swimming speed are integrated within the program.	10 - 12 years	NPTS Level 11/12

For further information on the National Plan for Teaching Swimming, please refer to www.britishswimming.org or purchase a NPTS Parental Guide from reception at a cost of £2.00.