

Learn to SWIM wales



Learn to Swim Wales

Splash 1-6

ASSESSMENT OUTCOMES

*To deliver and assess Splash 1-6, teachers must hold a minimum of the Level 2 Swimming Teacher Certificate or equivalent,
and must have attended the Swim Wales Splash Masterclass*

Splash 1

Encourages a young child to be increasingly independent and learn through guided discovery of the aquatic environment to develop water confidence.



Can be delivered either:

- 1) by a teacher with a group of children aged 3 years +, maximum ratio of 1 Level 2 teacher : 6 participants.
- or
- 2) with accompanying responsible adults and children under the age of 3. Children under 3 years should have completed Bubbles 1-4 to receive full benefit of this programme. Maximum ratio of 1 teacher : 12 pairs of adults and children depending on pool dimensions.

Aims

- 1 Child is safe while in the water, and when getting in and out of the pool
- 2 Child develops their confidence in the water
- 3 Child develops physical literacy skills and aquatic specific skills of buoyancy, aquatic breathing, streamlining, rotation and orientation.
- 4 Child develops early swimming skills enabling them to move in the water using their arms and legs.

Assessment Outcomes

No.	Summary	Description
1	Enter the water and return to the side with adult support. A Swivel entry should be encouraged	Enter the water safely with support from the responsible adult. Using a method suitable for the particular swimming pool following health and safety guidelines. A swivel entry should be encouraged.
2	Child independently moves 2 metres along the pool wall / rail with aids in one direction and back again	Using aids but without adult assistance, the child moves 2 metres along the edge of the pool in one direction and back again, by holding onto the pool wall/rail and passing one hand over the other hand (monkeying).
3	10 kicks on the front or back (alternating or simultaneous) with aids and adult support	With aids and support from the responsible adult, the child can demonstrate 10 kicks on the front or back. An alternating or simultaneous kick can be used, both should be practiced and encouraged.
4	Move 2m on the front or back with aids (and with adult support of aid) to the side of the pool	With aids (and support from the responsible adult, for example holding the woggle to aid confidence), the child can move 2 metres on their front or back through the water to the side, using their arms and legs to generate propulsion.
5	Float on back with adult support (if required)	Supported by the responsible adult if required, the child floats on their back.
6	Blow a floating object 2 metres whilst moving around the pool	The child can blow a floating object 2 metres whilst moving around the pool. Movement can either be walking, if pool design allows, or using aids in a horizontal body position.
7	Regain vertical position with aids and adult support, if required	With aids and support from the responsible adult if required, the child is able to regain a vertical position from a horizontal position. This could be standing or a vertical position in water out of their depth.
8	Independently push away from the wall on back in a streamlined body shape with aids (arms can be by the side)	With aids but without direct support from the responsible adult, the child can push away from the wall on their back in a streamlined body shape. It is acceptable for the arms to be by the side but a streamlined body position with extended arms should be encouraged.
9	Safe exit with adult support as required	The child can get out of the water safely using a method suitable for the particular swimming pool following Health and Safety guidelines, with support from the responsible adult as required. Where pool design allows, the child should be encouraged to climb out without using the steps.

Splash 2

Encourages a young child to be increasingly independent and learn through guided discovery of the aquatic environment to develop water confidence.



Can be delivered either:

- 1) by a teacher with a group of children aged 3 years +, maximum ratio of 1 Level 2 teacher : 6 participants.
- or
- 2) with accompanying responsible adults and children under the age of 3. Children under 3 years should have completed Bubbles 1-4 to receive full benefit of this programme. Maximum ratio of 1 teacher : 12 pairs of adults and children depending on pool dimensions.

Aims

- 1 Child develops ability to kick through the water on their front and back
- 2 Child further develops early swimming skills enabling them to move in the water using their arms and legs.
- 3 Child is increasingly independent in the water
- 4 Child further develops physical literacy and aquatic specific skills

Assessment Outcomes

No.	Summary	Description
1	Swivel entry into the water and return to the side and exit the water with adult supervision.	With supervision from the responsible adult, the child demonstrates a swivel entry into the water and holds onto the side. The child can get out of the water using a suitable method for the particular swimming pool. Where pool design allows the child should climb out without using the steps.
2	Child independently moves 5 metres along the pool wall / rail in one direction and back again	The child independently moves 5 metres along the edge of the pool in one direction and back again, by holding onto the pool wall/rail and passing one hand over the other hand (monkeying).
3	Demonstrate 20 kicks (10 simultaneous) on the front (alternating or simultaneous) with aids and adult support	With aids and support from the responsible adult, the child can demonstrate either 20 alternating kicks or 10 simultaneous kicks on their front. Both alternating and simultaneous kick should be encouraged.
4	Demonstrate 20 kicks (10 simultaneous) on the back (alternating or simultaneous) with aids and adult support	With aids and support from the responsible adult, the child can demonstrate either 20 alternating kicks or 10 simultaneous kicks on their back. Both alternating and simultaneous kick should be encouraged.
5	Move 3 metres on the front or back with aids (with adult support of aid) to the side of the pool	With aids (and support from the responsible adult, for example holding the woggle to aid confidence), the child can move 3 metres on their front or back through the water to the side, using their arms and legs to generate propulsion.
6	Float on front with adult support (if required)	Supported by the responsible adult as required, the child floats on their front. They should be encouraged to put their face in the water but this is not essential to complete this assessment outcome.
7	Blow a floating object 5 metres whilst moving around the pool	The child can blow a floating object 5 metres whilst moving around the pool. Movement can either be walking, if pool design allows, or using aids in a horizontal body position.

8	Regain vertical position with aids, if required	With aids if required, the child is able to regain a vertical position from a horizontal body position. This could be standing or a vertical position in water out of their depth.
9	Independently push away from the wall on front in a streamlined body shape with aids	With aids, the child can push away from the wall on their front in a streamlined body shape. The arms should be extended; a complete streamlined position is not necessary to complete this outcome but should be encouraged.

Splash 3

Encourages a young child to be increasingly independent and learn through guided discovery of the aquatic environment to develop water confidence.

To be delivered by a teacher with a group of children aged 3 years plus, with a maximum ratio of 1 Level 2 teacher : 6 participants.

Aims

1. Child independently safely enters the water
2. Child is able to kick increased distances on their front and back
3. Child can confidently put their face in the water
4. Child develops streamlining skills on their front and back



Assessment Outcomes

No.	Summary	Description
1	Safe entry into the water, rotate and return to the side without support	The child demonstrates a safe entry into the water and then holds onto the side. The method of entry can vary according to the pool design. Where possible multiple methods of safe entry should be taught.
2	Kick 5 metres on the front (alternating or simultaneous) with aids and teacher support of aid if required	With aids and teacher support of aid if required, the child can kick for 5 metres on their front. Both alternating and simultaneous kicks should be encouraged.
3	Kick 5 metres on the back (alternating or simultaneous) with aids and teacher support of aid if required	With aids and teacher support of aid if required, the child can kick for 5 metres on their back. Both alternating and simultaneous kicks should be encouraged.
4	Move 3m on the front or back with aids and direct supervision to a floating object	With aids and direct supervision from the teacher, the child can move 3 metres on their front or back through the water to a floating object (for example large float, or woggle), using their arms and legs to generate propulsion.
5	Float on front and back with direct supervision	Supervised by the teacher, the child floats on their front and back. Children should be encouraged to put their face in the water on the front.
6	Confidently put whole face into the water	The child is able to confidently put their whole face into the water without stress. This skill should be encouraged without wearing goggles.
7	Rotate 180 degrees (longitudinal or horizontal rotation) with aids and direct supervision	With aids and direct supervision from the teacher, the child can rotate 180 degrees, either longitudinal or horizontal rotation. Longitudinal – log roll from front to back or from back to front in a horizontal body position. Horizontal – starting on the front or back in a horizontal body position, tuck to rotate to front or back.
8	Push and glide towards teacher with aids, on front or back in a streamlined body shape	The child can push away from the wall towards the teacher on their front or back in a streamlined body shape with aids.

	On the front the arms should be extended; a complete streamlined position is not necessary to complete this outcome but should be encouraged. On the back, arms can be by the side but extended arms should be encouraged.
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Splash 4

Encourages a young child to be increasingly independent and learn through guided discovery of the aquatic environment to develop water confidence.

To be delivered by a teacher with a group of children aged 3 years plus, with a maximum ratio of 1 Level 2 teacher : 6 participants.

Aims

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| <ol style="list-style-type: none"> 1. Child can enter and exit the water independently 2. Child can kick using alternating and simultaneous movements | <ol style="list-style-type: none"> 3. Child can move through the water on their front and back 4. Child can perform rhythmical breaths |
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Assessment Outcomes

No.	Summary	Description
1	Enter and exit the pool safely without adult assistance. Climbing out should be encouraged.	The child independently demonstrates a safe entry into and a safe exit out of the water. The method of entry and exit can vary according to the pool design, where possible multiple methods of safe entry and exit should be taught; with climbing out strongly encouraged.
2	Simultaneous kick (front or back) 5m with aids	With aids, the child can demonstrate a simultaneous kick for 5 metres on their front or back.
3	Alternating kick on the front 5m with aids	With aids, the child can demonstrate an alternating kick for 5 metres on their front.
4	Kick on the back 5m, with aids	With aids, the child can kick for 5 metres on their back. An alternating kick should be utilised for this assessment outcome.
5	Move 3m on the front or back, with aids, to the side of the pool	With aids, the child can move 3 metres on their front or back to the side of the pool, using their arms and legs to generate propulsion. Movement on the front and back should be taught.
6	Float on front and back with aids	With aids, if required, the child floats on their front and back in a horizontal body position. They should be encouraged to put their face in the water when floating on the front.
7	Starting with whole face in the water, perform 3 rhythmical breaths	Starting with the whole face in the water, the child performs 3 rhythmical breaths (inhalation out of the water, exhalation in the water). The breath can be taken to the front or side.
8	Rotate 180 degrees (longitudinal or horizontal rotation) with or without aids	With or without aids, the child can rotate 180 degrees, using either longitudinal or horizontal rotation. Both axis of rotation should be experienced. Longitudinal – log roll from front to back or from back to front in a horizontal body position. Horizontal – starting on the front or back in a horizontal body position, tuck to rotate to front or back.

9	Push and glide towards teacher, on front or back in a streamlined body position, with or without aids	The child can push away from the wall towards the teacher on their front or back in a streamlined body position, with or without aids. The body should be as streamlined as possible. On the back arms can be by the side but extended arms should be encouraged. On the front the arms should be extended, with stacked hands (the hands stacked on top of one another) encouraged.
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Splash 5

Encourages a young child to be increasingly independent and learn through guided discovery of the aquatic environment to develop water confidence.

To be delivered by a teacher with a group of children aged 3 years plus, with a maximum ratio of 1 Level 2 teacher : 6 participants.

Aims

1. Child can jump into the water
2. Child can move through the water using alternating and simultaneous actions with aids
3. Child can submerge under the water
4. Child can complete a full longitudinal rotation in the water



Assessment Outcomes

No.	Summary	Description
1	Demonstrate 2 safe entries with direct supervision, including a jump into the water (minimum depth 1m) and return to the pool side and climb out.	The child independently demonstrates two methods of safe entry into the pool, including a jump into the water (minimum recommended depth of 1m) from poolside, holds onto the side then climbs out of the pool.
2	Move 3m using simultaneous actions with aids if required.	With aids if required, the child can move 3 metres on their front or back using simultaneous actions with both their arms and legs to generate propulsion.
3	Move 3m on the front, with aids if required.	With aids if required, the child uses alternating actions with their arms and legs to move 3 metres through the water on their front.
4	Move 3m on the back, with aids if required.	With aids if required, the child uses their arms and legs to move 3 metres through the water on their back.
5	Float on front and back, with aids if required	With aids if required, the child floats on their front and back. This skill should be encouraged without wearing goggles.
6	Submerge whole body under the water starting holding the poolside	The child is able to confidently submerge under the water without stress. The movement can be a vertical submersion starting holding onto the poolside or an independent movement away from the poolside.
7	Starting with whole face in the water, perform a total of 6 rhythmical breaths, turning head to both left and right	Starting with the whole face in the water, the child performs a total of 6 rhythmical breaths (inhalation out of the water, exhalation in the water), turning the head to both the left and right.

8	Rotate 360 degrees (complete longitudinal rotation / log roll), with aids if required	With aids if required, the child can rotate 360 degrees, using a complete longitudinal rotation / log roll. The rotation can start on the front or back.
9	Push and glide from the wall on front and back in a streamlined body shape with aids if required.	The child can push away from the wall on their front and back in a streamlined body shape, with aids if required. The arms should be extended; a complete streamlined position is not necessary to complete this outcome but should be encouraged.

Splash 6

Encourages a young child to be increasingly independent and learn through guided discovery of the aquatic environment to develop water confidence.

To be delivered by a teacher with a group of children aged 3 years plus, with a maximum ratio of 1 Level 2 teacher : 6 participants.

Aims

- 1 Child is confident in the water without an adult
- 2 Child improves floating, gliding and breathing techniques
- 3 Child can paddle through the water using alternating and simultaneous actions
- 4 Child can submerge their face in the water without goggles



Outcomes

No.	Summary	Description
1	Child independently demonstrates 2 safe entries into the water, including a jump into the water (minimum depth 1m), returns to the pool side and climbs out.	The child independently demonstrates two methods of safe entry into the water including a jump into the water (minimum recommended depth of 1m) from poolside, holds onto the side then climbs out.
2	Demonstrate a simultaneous paddle for 5m, with aids if required	With aids if required, the child uses simultaneous actions with their arms and legs to move 5 metres through the water on their front.
3	Demonstrate front paddle for 5m, with aids if required	With aids if required, the child uses alternating actions with their arms and legs to move 5 metres through the water on their front.
4	Demonstrate back paddle for 5m, with aids if required	With aids if required, the child uses their arms and legs to move 5 metres through the water on their back.
5	Float on front or back for 5 seconds, without aids	Without aids, the child floats on their front or back for 5 seconds. Both body positions should be experienced including a variety of floating positions. This skill should be encouraged without wearing goggles.
6	Submerge whole body under the water and pick up an object from pool floor	The child is able to confidently submerge under the water without stress and pick up an object from the pool floor
7	Blow bubbles with face in the water without goggles	The child is able to blow bubbles with their whole face in the water, without wearing goggles.
8	Independently regain vertical position (standing) from front and back	The child is able to regain a vertical position from a horizontal body position on the front and back. This could be standing or a vertical position in water out of their depth.

9	Push and glide away from the pool wall on front and back in a streamlined body position, with aids if required.	The child can push away from the wall on their front and back in a streamlined body position, with aids if required. The body should be as streamlined as possible. On the back arms can be by the side but extended arms should be encouraged. On the front the arms should be extended, with stacked hands (the hands stacked on top of one another) encouraged.
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