



HARINGEY AQUATICS SKILL DEVELOPMENT

Stage 9 Competitive Swimming

Increasing distance on all strokes and development of starts and turns

Outcome to be achieved	Pupils									
	Day:	Time:								
1. Complete a set lasting 800m (E.g. Either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (E.g. 1.30min for 50m's, 2.45min for 100m's; 6.00min for 200m's)										
2. Swim 800m continuously using one stroke										
3. Swim a continuous 100m IM using legal turns										
4. Perform a 15m underwater kick on front in a streamlined position										
5. Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m										
6. Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m										
7. Perform a Butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m										
8. Perform a Breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25m										
Stage Achieved (✓ / x)										

Please ensure that the ASA expected standards are referred and adhered to when pupil assessment takes place. These can be found within the ASA Aquatic Teachers pack in the form of written guidance and in the ASA Programmers pack in the form of DVD. It is important to keep a record of pupil progress and any relevant notes so that the transition between Teachers is as smooth as possible, ensuring that the pupil's progress is at the centre of all lesson delivery



HARINGEY AQUATICS SKILL DEVELOPMENT

Stage 10 Competitive Swimming

Increasing distance and introduction to relay and medley starts and turns

Day:	Time:	Pupils									
Outcome to be achieved											
1. Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turn around set by the coach (e.g. 2.30min for 100m's; 5.30min for 200m's; 12min for 400m's)											
2. Swim 1500m continuously choosing one stroke											
3. Perform a continuous 100m IM kick without using a kick board											
4. Swim a continuous 200m IM using legal turns											
5. Perform a 15m under water Butterfly kick on back or front in streamlined position											
6. Perform a Front Crawl relay take over – as an incoming Swimmer											
7. Perform a Front Crawl relay take over – as an outgoing Swimmer											
Stage Achieved (✓ / ✗)											

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