



The British Gas ASA Learn to Swim Pathway



One Pathway



Four Frameworks

Learn to Swim Pathway



Foundation Framework



Swim a Song



Ducklings



Alpha Step



Foundation Framework

Swim A Song

- Outcome based in line with other Frameworks.
- From Birth – up to 36 months.
- 3 Stages linking to 3 awards.
- Swim A Song Pack & songs – not compulsory

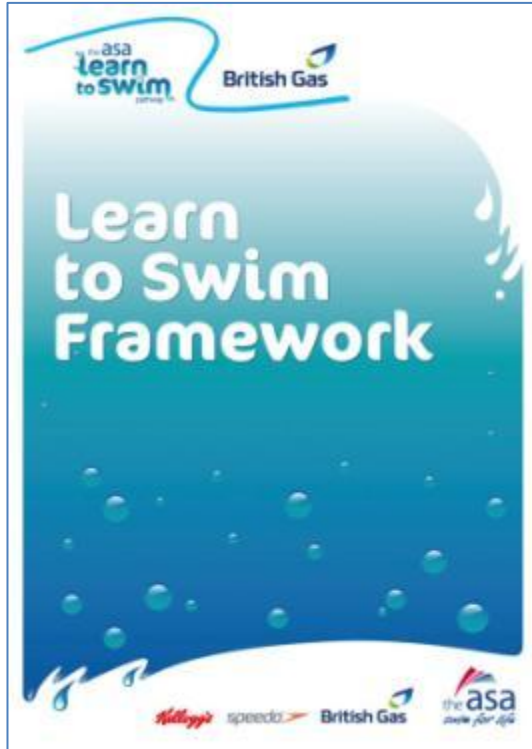
Ducklings

- 24 months plus

Alpha Step

- Suitable for swimmers with additional needs

Learn to Swim Framework



- Stages 1-7 plus Stroke/Distance/Safety awards

The Swimmers Journey

- A simple tool to reward and retain.

Splitting the Journey into 25 stepping stones to swimming success

- Using the current ASA Awards programme
- Rewarding achievements that are already built into the programme
- Altering parents perceptions of swimming achievement.
- Focus learner's and parents on 25 small steps not 7 giant strides.
- Giving structure and purpose to completing the journey.

Swimmers Journey

Splitting the Journey into 25 stepping stones to swimming success, ending in Complete Swimmer Award.



The 25 Awards

Chosen to compliment the duration of each stage

- **7 Stages**

Central to the journey

- **6 Distance**

Highlighting milestones

- **2 Safety**

Instilling confidence

- **10 Stroke**

Measuring quality

A tool to motivate and retain your swimmers

Progress Chart



My Swimming Journey

NAME: _____

DOB: _____

Local Pool: _____

Date Started: _____

Date Completed: _____

The ASA Awards Scheme
150+ awards available
25 badges and certificates at the heart of the journey
One way to reward a child's success

The National Plan for Teaching Swimming (NPTS), governed by British Canoe, is the national syllabus produced by the ASA - the governing body for all things swimming - to take children through from their first splash to full competence in the water using fun and games.

Along this way children can be kept motivated by rewarding them with the ASA Awards Scheme. There are over 150 awards but the easiest way to get started is to offer your youngsters the 25 badges and certificates at the heart of the journey.

NPTS Stages 1 to 7

The National Plan Stage Awards are the backbone of the ASA Awards Scheme. As children learn to swim they progress over cards and pass through each of the exciting National Plan Stages. At the end of each stage youngsters will be able to successfully achieve a number of outcomes - and they can pick up the award to prove it!

Total: 7 Awards

Rainbow Distance

The Rainbow Distance Awards (including the Puffin Award) are a great way to give young swimmers, aged five and under, the incentive to develop their swimming abilities and become more active in the aquatic world they want.

10 awards are available in total, from five metres with a buoyancy aid (Puffin) right through to 5000 metres, but we have included an initial stage to encourage our youngest swimmers, aged five and under, to start swimming. Puffin Award, 5m, 10m, 15m, 20m, 50m, 100m.

Total: 7 Awards

Rainbow Stroke Distance

It is vital that swimmers develop correct technique as early as possible and the Rainbow Stroke Distance Awards can be used to reward and encourage the development of good standards across each of the four international swimming styles.

Awards are available for front crawl, breaststroke, backstroke and butterfly for distances between 5m and 100m. We have included nine awards at the heart of the journey - a 5m award for all four strokes, three for 10 metres and two strokes at 20metres.

Total: 9 Awards

Preliminary Safety Skills

The Preliminary Safety Skills Award provides an essential introduction to water safety and it is aimed at swimmers who no longer use buoyancy aids. It helps youngsters to become more aware of the dangers and risks in and around water.

Due to the continuing number of accidents in and around water, even shallow water, the ASA encourages that the Preliminary Safety Skills Award should be included in your child's swim programme as early as possible.

Total: 1 Award

Personal Survival Level 1

This Personal Survival Award Level One is the next step from the Preliminary Award and teaches pupils how to stay afloat in the water. It is designed to be difficult in water and provides a danger might arise some of the dangers they could face.

By having to wear everyday clothing during the award, they are able to experience it in a realistic way as they replicate the conditions they are most likely to experience if they find themselves in a dangerous situation.

Total: 1 Award

Complete Swimmer Award

Once you've completed all 25 Awards you will be eligible to receive the exclusive Complete Swimmer Award.

For details of how to receive your Complete Swimmer Award log on to www.swimgb.com



My Journey through the ASA Award Scheme

NAME: _____

DOB: _____

Local Pool: _____

Date Started: _____

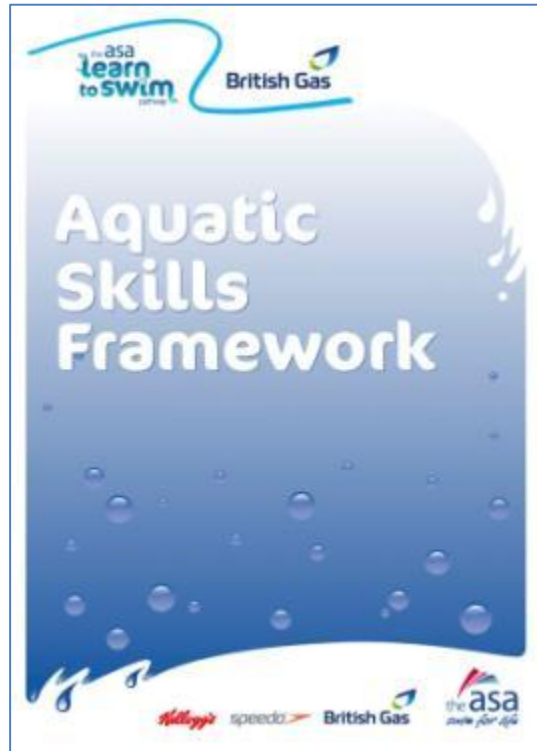
Date Completed: _____

Complimentary NPTS Stage Awards

<p>Stage 1</p> <p>Puffin Award</p> <p>Date: _____</p>	<p>Stage 6</p> <p>Rainbow Distance 50m Award</p> <p>Date: _____</p>
<p>Stage 2</p> <p>Rainbow Distance 5m Award</p> <p>Date: _____</p>	<p>Rainbow Stroke Distance 5m Butterfly Award</p> <p>Date: _____</p>
<p>Stage 3</p> <p>Rainbow Distance 10m Award</p> <p>Date: _____</p>	<p>Rainbow Stroke Distance 10m Backstroke Award</p> <p>Date: _____</p>
<p>Stage 4</p> <p>Rainbow Stroke Distance 5m Front Crawl Award</p> <p>Date: _____</p>	<p>Rainbow Stroke Distance 10m Breaststroke Award</p> <p>Date: _____</p>
<p>Rainbow Stroke Distance 5m Backstroke Award</p> <p>Date: _____</p>	<p>Personal Survival Level 1 Award</p> <p>Date: _____</p>
<p>Preliminary Water Safety Skills Award</p> <p>Date: _____</p>	<p>Stage 7</p> <p>Rainbow Distance 100m Award</p> <p>Date: _____</p>
<p>Stage 5</p> <p>Rainbow Distance 20m or 25m Award</p> <p>Date: _____</p>	<p>Rainbow Stroke Distance 10m Butterfly Award</p> <p>Date: _____</p>
<p>Rainbow Stroke Distance 5m Breaststroke Award</p> <p>Date: _____</p>	<p>Rainbow Stroke Distance 25m Front Crawl Award</p> <p>Date: _____</p>
<p>Rainbow Stroke Distance 10m Front Crawl Award</p> <p>Date: _____</p>	<p>Rainbow Stroke Distance 25m Backstroke Award</p> <p>Date: _____</p>

- 25 Stickers to collect
- Informative for Parents
- Should increase understanding and help teachers
- Culminates in **Complete Swimmer Award**
- Opportunity to promote the next steps

Aquatic Skills Framework



- Stages 8 - 10
- Competitive Swimming, Mini Polo, Aqua Fun, Flip n Fun, Rookie