



Learn to Swim Stage 7

Swim England Learn to Swim Stage 7 focuses on fully developing all four swimming strokes, as well as building stamina and improving diving skills.

Learn to Swim Stage 7 is the final stage of the core [Swim England Learn to Swim Stage 1-7 Awards](#).

Swimmers should develop a quality stroke technique for up to 100 metres, incorporating the skills they have learnt throughout the stages and combining them to develop a linked routine.

They should successfully complete an obstacle course, which combines a variety of skills they have learnt from Stages 1 to 7.

Learn to Swim Stage 7 Outcomes

By completing the Learn to Swim Stage 7 Award, swimmers will be able to:

1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:
Sculling: head first, feet first
Rotation: forward or backward somersault, log roll
Floating: star on the front or on the back, tuck float, create own
Eggbeater: Moving, lifting one or both arms out of the water
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.