

Aquatic Skills Framework

Learn to Swim Stages 8-10 Diving Outcomes

The Learn to Swim Stages 8-10 Diving Awards mark completion of each Stage and are available to purchase from the Swim England shop: shop.swimming.org.

Learn to Swim Stage 8 Diving

Outcomes

By completing this Award, learners should be able to perform:

1. Front push and glide with hands grabbed.
2. Back push and glide with hands grabbed.
3. Tuck float to stretched position.
4. Forward somersault in the water.
5. Push and glide into forward tucked somersault to finish upright.
6. Sitting forward dive with hands grabbed from poolside.
7. Sitting pike line up on dry land.

Learn to Swim Stage 9 Diving

Outcomes

By completing this Award, learners should be able to perform:

1. Forward jump straight from poolside.
2. Back jump straight from poolside.
3. Pike float to stretched position.
4. Forward jump tuck from poolside.
5. Forward tuck roll from poolside .
6. Forward pike fall from poolside.
7. Push and glide with a 1 ½ twist – front and back.

Learn to Swim Stage 10 Diving

Outcomes

By completing this Award, learners should be able to perform:

1. Armswing forward jump straight from poolside.
2. Back jump tuck from poolside.
3. Back push and glide into back circle.
4. Armswing forward jump tuck from poolside.
5. Push and glide into forward piked somersault to finish upright.
6. Back tuck roll from poolside.
7. Crouched forward dive with hands grabbed above head to start from poolside.*

*Due to the vertical head first entry of this skill, it should not be taught in water of less than 3 metres depth.

Note: Consider health and safety regarding pool depth for all diving skills. Skills are not to be performed from a poolside that has a handrail which protrudes from the side, to reduce the risk of injury.