

Aquatic Skills Framework

Learn to Swim Stages 8-10 Water Polo Outcomes

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

Learn to Swim Stage 8 Water Polo

Outcomes

By completing this Award, swimmers should be able to:

1. Tread water vertically and comfortably for 30 seconds, using eggbeater kick.
2. Maintain a vertical position whilst moving forwards, backwards, left and right, using sculling and eggbeater, kick for 5 metres.
3. Maintain a horizontal position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
4. Perform 5 metre horizontal lateral slides, to the right, return to centre and then left and return to centre.
5. Swim 5 metres head up front crawl.
6. Swim forwards 5 metres whilst controlling a ball in front.
7. In vertical eggbeater, pick up the ball from underneath the surface with alternate hands into throwing position.
8. Hold a tripod position, with a ball, for 30 seconds.
9. Play a simple water polo game. Score by placing the ball on the side of the pool and demonstrate skills learnt during this Stage.

Learn to Swim Stage 9 Water Polo

Outcomes

By completing this Award, swimmers should be able to:

1. Swim 5 metres head up front crawl, change direction 90 degrees left, swim 5 metres change direction 90 degrees right.
2. Swim 5 metres head up front crawl, change direction through 180 degrees, swim 5 metres.
3. Swim 5 metres water polo backstroke.
4. Swim 5 metres water polo head up front crawl, turn onto back, continue in same direction for 5 metres and turn back onto front and swim 5 metres.
5. Swim 5 metres head up front crawl with breaststroke legs.
6. Pass and catch a ball accurately with a partner, with one hand, over 3 metres distance while maintaining a strong body position.
7. Swim 10 metres head up front crawl, receive a ball on the water, and continue to swim whilst controlling the ball.
8. Swim 5 metres with a ball, pass ball to target, and continue to swim 5 metres.

9. Pick up a ball, shoot at a target from a 2 metre distance and repeat five times. The target may be a player, kick board, plastic bottles, etc.
10. Play a simplified water polo game. Score by hitting a target on the side of the pool or some other adaptation and demonstrate skills learnt during this Stage and in Stage 8 Water Polo.

Learn to Swim Stage 10 Water Polo

Outcomes

By completing this Award, swimmers should be able to:

1. Swim 5 metres, receive a ball on the water, control the ball in front for 5 metres, change direction one way, swim 5 metres, change direction the opposite way, swim 5 metres and then pass to a partner.
2. Pick up a ball, shoot at a target five times from a 2 metre distance, using an off-water shot – the target may be a kick board, plastic bottles, a player or into a goal.
3. Jump vertically, sideways and forwards.
4. Jump ½ turn and pass ball while on back.
5. Mark during a game-play situation.
6. Understand concepts of long walking and short walking and when to apply in a game situation.
7. Play a water polo game, with full rules and goals, and demonstrate skills learnt during this Stage and in Stages 8 and 9 Water Polo, showing good technique throughout.