

Adult Swimming Framework outcome changes 2018/19

Stage/Award	Outcome	Changed from	Changed to	Does this impact teaching and learning?
Be Water Confident	8	Perform a horizontal, stretched front floating position, holding onto the side of the pool or with support from a level 1 support Teacher / Swimming Assistant to other adult.	Perform a flat, stretched front floating position, holding the side of the pool or with support from a partner or Swim England Level 1 Swimming Assistant (Teaching).	No
Be Water Confident	9	Perform a horizontal, stretched floating position on the back with support from a level 1 support Teacher / Swimming Assistant to other adult.	Perform a flat, stretched floating position on the back with support from a partner or Swim England Level 1 Swimming Assistant (Teaching).	No
Be Water Confident	12	Inhale and exhale a minimum of three times rhythmically with face submerged.	Inhale and, with face submerged, exhale. Repeat rhythmically a minimum of three times.	No

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Be Water Confident	15	Perform a flat, stretched front floating position, with floatation equipment but without the support from a level 1 support Teacher / Swimming Assistant to other adult.	Perform a flat, stretched front floating position, with floatation equipment but without the support from a partner or Swim England Level 1 Swimming Assistant (Teaching).	No
Be Water Confident	16	Perform a horizontal, stretched floating position on the back with equipment but without support from a level 1 support Teacher / Swimming Assistant to other adult.	Perform a flat, stretched floating position on the back with floatation equipment but without support from a partner or Swim England Level 1 Swimming Assistant (Teaching).	No
Be Water Confident	18	In a horizontal position with the use of floatation equipment, travel 10 metres on back.	In a flat position, with use of floatation equipment, travel 10 metres on back.	No
Be a Swimmer	3	Push from the wall without the use of equipment, maintaining a streamlined position on the front.	Push from the wall without the use of floatation equipment, maintaining a streamlined position on the front.	No
Be a Swimmer	17	Within shoulder depth using floatation equipment, in a vertical position, scull the hands.	Within shoulder depth using floatation equipment, in an upright position, scull the hands.	No

Stage/Award	Outcome	Changed from	Changed to	Does this impact teaching and learning?
Be a Swimmer additional outcomes	19	Perform the HELP and Huddle positions	Perform the Heat Escape Lessening Position and Huddle position.	No
Be a Better Swimmer additional outcomes	13	Sitting dive	Perform a sitting dive	No
Be a Better Swimmer additional outcomes	15	Tumble turn	DELETED. This outcome no longer exists.	No
Be a Master Swimmer	3	Perform a front crawl tumble turn.	Perform a front crawl tumble turn from 10 metres in to 15 metres out.	Yes. The learner must perform a tumble turn from and to specified distances.
Be a Master Swimmer	4	Perform a backstroke tumble turn.	Perform a backstroke tumble turn from 10 metres in to 15 metres out.	Yes. The learner must perform a tumble turn from and to specified distances.
Be a Master Swimmer	5	Perform a breaststroke tumble turn.	Perform a breaststroke tumble turn from 10 metres in to 15 metres out.	Yes. The learner must perform a tumble turn from and to specified distances.

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Be a Master Swimmer	6	Perform a butterfly tumble turn.	Perform a butterfly tumble turn from 10 metres in to 15 metres out.	Yes. The learner must perform a tumble turn from and to specified distances.
Be a Master Swimmer	12	Perform a kick on the front in a streamlined position up to 15 metres underwater.	Perform a 15 metres underwater butterfly kick on front in a streamlined position.	No
Be a Master Swimmer	16	Grab start/track start	DELETED. This outcome no longer exists.	No
Be a Master Swimmer	18 (now 17)	Front crawl finish.	Swim 25 metres front crawl finishing with a one-handed touch.	Yes. The learner must perform front crawl for 25 metres ahead of performing a one-handed front crawl finish.
Be a Master Swimmer	19 (now 18)	Backstroke finish.	Swim 25 metres backstroke finishing with a one-handed touch on the back.	Yes. The learner must perform backstroke for 25 metres ahead of performing a one-handed touch finish on the back.
Be a Master Swimmer	20 (now 19)	Butterfly/breaststroke finish.	Swim 25 metres breaststroke or butterfly finishing by touching with both hands simultaneously.	Yes. The learner must perform breaststroke/butterfly for 25 metres ahead of performing a finish touching the wall with both hands simultaneously.