**, NPTS Stage Criteria**

**Stage 1 Teaching Pool WHITE**

1. Enter the water safely
2. Move forwards for a distance of 5 metres
3. Move backwards for a distance of 5 metres
4. Move sideways for a distance of 5 metres
5. Scoop the water and wash face
6. Be at ease with water showered from overhead
7. Move into a stretched floating position using aids, equipment or support
8. Regain an upright position from on the back, with support
9. Regain an upright position from on the front, with support
10. Push & Glide in a horizontal position to or from the wall
11. Take part in a teacher led partner orientated game
12. Demonstrate an understanding of pool rules
13. Exit water safely

**Stage 2 Teaching Pool WHITE**

1. Jump in from the poolside
2. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3. Regain an upright position from on the back, without support
4. Regain an upright position from on the front, without support
5. Push from the wall & glide on back
6. Push from the wall & glide on front
7. Travel on back for 5 metres - aids or equipment may be used
8. Travel on front for 5 metres - aids or equipment may be used
9. Perform a rotation from the front to the back to gain and gain an upright position
10. Perform a rotation from the back to front and gain an upright position

**Stage 3 Teaching pool WHITE**

1. Jump in from poolside and submerge (min depth 0.9m)
2. Sink, push away from the wall on side and maintain a streamlined position
3. Push & glide on front with arms extended and log roll onto back
4. Push & glide on back with arms extended and log roll onto front
5. Travel on the front, tuck to rotate around the horizontal axis to return on to the back
6. Fully submerge to pick up and object
7. Answer correctly 3 questions on the water safety code
8. Travel 10 metres on back
9. Travel 10 metres on front

**Stage 4 Teaching pool Yellow**

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4. Push & Glide from the wall to the pool floor
5. Kick 10 metres Backstroke
6. Kick 10 metres Front Crawl
7. Kick 10 metres Butterfly on front or Back
8. Kick 10 metres Breaststroke on Back
9. Kick 10 metres Breaststroke on Front
10. Perform on back head first sculling action for 5 metres in a horizontal position
11. Travel on back and roll in one continuous movement onto the front
12. Travel on front and roll in one continuous movement onto the back
13. Swim 25 metres, (any stroke)

**Stage 5 –Teaching Pool Green A/B**

1. Perform a horizontal stationery scull on the back
2. Perform a feet first sculling action for 10 metres whilst horizontal on the back
3. Perform a sculling sequence with a partner for 1 minute seconds to include a rotation
4. Tread water for 1 minute
5. Perform 3 different shaped jumps into deep water
6. Swim 10 metres Backstroke
7. Swim 10 metres Front Crawl face in water
8. Swim 10 metres Breaststroke
9. Swim 10 metres Butterfly
10. Perform a handstand and hold for a minimum of 10 seconds
11. Perform a forward somersault, tucked, in water
12. Demonstrate an action for getting help

**Stage 6 Teaching Pool Red B**

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, Kick and rotate into Backstroke
3. Sink, push off on side from the wall, glide, Kick and rotate into Front Crawl
4. Swim 10 metres with clothes
5. Swim Front Crawl to include at least 6 rhythmical breaths
6. Swim Breaststroke to include at least 6 rhythmical breaths
7. Swim Butterfly to include at least 4 rhythmical breaths
8. Swim 25 metres in 3 different strokes
9. Perform Sitting Dive
10. Perform Tumble turn
11. Perform a shout & signal rescue
12. Perform a surface dive
13. Exit water without using steps

**Stage 7 Teaching pool/Main Pool Red A**

1. Swim 25 metres Butterfly
2. Swim 50 metres in 3 Different Strokes
3. Scull for 25 metres
4. Tread water for 2 minutes using eggbeater
5. Swim continuously for 400m without stopping