

NPTS Levels 1 – 10



The National Plan for Teaching Swimming



The National Plan for Teaching Swimming has recently been revised.

The NPTS has been developed by the asa to provide a template for learn to swim schemes. It has been designed to assist qualified teachers whose own experience and training will enhance the implementation of the plan. The NPTS is a comprehensive, integrated, progressive teaching programme based upon sound technical and educational principles and provides a standard reference for those responsible for planning swimming programmes.

The 10 Stages of the Plan

The asa National Plan for Teaching Swimming (NPTS) was first launched in 1997 and as part of ongoing improvement and ensuring all that the asa products are in line with current thinking, a review has taken place resulting in a revised product which is keeping pace with the needs of the sport and in particular the needs of the athletes. The revised National Plan for Teaching Swimming (NPTS) takes the non-swimmer on a journey, from the first splash to developing confidence and competence in the water.

Changes to the revised NPTS have focused particularly on

- Synergy and streamlining the programmes which embrace FUNdamentals of movement in the learn to swim environment
- A revision of the outcomes that are required to achieve each Stage to ensure that the expectations of Long Term Athlete Development (LTAD) are reflected
- Acquiring skills that are essential to enable confidence and competence in the water
- Improving the consistency in assessment of outcomes at each Stage of an athlete's development

The Swimmer's 'journey through aquatics' starts with FOUNDATION, a Programme for developing early years water confidence, which is encouraged through sessions such as 'adult and child' and 'pre-school' sessions. The emphasis is upon development of very basic motor skills and introduction to water and the swimming environment through fun and games. The 'ASA Duckling' Awards provide rewards appropriate for this section.

The next stage along the 'journey' takes a Swimmer through FUNDAMENTAL MOVEMENT SKILLS, STAGE 1 - 7 of the NPTS. There are smaller stepping-stones for Swimmers who are not yet ready for Stage 1 of the NPTS and who may have ADDITIONAL NEEDS requirements in order to progress. The 'ASA Alpha' Awards provide rewards appropriate for this section.



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A brief overview of Stages 1 - 7:

Stage 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats, etc.

Stage 2

Developing safe entries to the water, including jumping in, basic floating, travel front and back up to a distance of 5 metres, plus rotation to regain upright positions. Swimmers may use aids, e.g. arm bands, floats, etc.

Stage 3

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge. At this stage, the Swimmer will be assessed without the use of aids or support.

Stage 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the asa.

Stage 5

Developing 'watermanship' through sculling and treading water skills and complete rotation, also performing all strokes for a distance of 10 metres to the given standard as provided by the asa within the NPTS resources.

Stage 6

Developing effective swimming skills including coordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the Swimmers choice; developing the water safety aspects and understanding of preparation for exercise.

Stage 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 - 7.

Stages 8 - 10



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Once the Swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 - 7, the Swimmer may then have the choice to take part in different aquatic disciplines.

FUNDAMENTAL SPORT SKILLS, STAGES 8 - 10 of the NPTS are available in Competitive Swimming, Diving, Synchronised Swimming, Water Polo and Rookie Lifesaving. Dependent on each leisure facility, *all or some* of these opportunities may be available.

Stages 8, 9 and 10 of the NPTS are discipline specific and have synergy with the grass roots programmes developed by the disciplines to support their individual sport. These are as follows:

- Flip n Fun = Diving
- AquaFun = Synchronised Swimming
- mini-polo! = Water Polo

For Stages 8, 9 and 10 Competitive Swimming have developed Awards specifically to support the NPTS.

The asa and the Royal Life Saving Society (RLSS) have worked closely together in developing stages 8, 9 and 10 in producing awards that link into the asa NPTS. The syllabus relating to the Rookie Lifesaving stages can be accessed through the RLSS.

As a result of completing ALL the outcomes detailed within each stage of the NPTS, a set of awards are available, the 'National Plan Awards' relate to each stage, from 1 - 10.