

# Synchronised Swimming Coach Guide

Swim England Synchronised Swimming  
Land Grade Awards 1-5

# Introduction

The Swim England Land Grade Awards have been created to support coaches in developing a well-rounded athlete. These grades make up the final collection of awards and should be delivered alongside both the Figure and Routine Grades to provide structure to club programmes. The Land Grade Awards focus on developing core strength, flexibility and speed of movement on land which transfer to the pool through figures and routines.

## Within this resources you will find:

- glossary of terms
- grade overview table
- criteria descriptions and illustrations
- online session plan support.

## In order to deliver these grades successfully you will need the following equipment:

- TRX
- yoga blocks or step
- metronome
- bleep test
- gym/yoga mats.

If you do not currently have access to this equipment, you may want to contact your local gym, school, college or university who do have this type of equipment. If you do not feel comfortable with delivering any exercise within these grades we recommend you recruit a qualified Level 2 Fitness Instructor.

This coaching guide should be used in conjunction with the Coaches Mark Scheme and not in isolation. Should you require any further information regarding Swim England Synchronised Swimming Land Grade Awards, please send an email to [Synchroadmin@swimming.org](mailto:Synchroadmin@swimming.org).

## Land Grade Award descriptions and notes for coaches

Everything should be performed with good posture, shoulders down and full leg, ankle, foot extension at all times, unless otherwise stated.

All moves performed with control and stability unless otherwise stated.

Stability means without excessive movement.

Movement sequence must not be interrupted and performed with good posture throughout.

Yoga blocks or steps may be used as long as at least 10cm off floor.

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## Publication

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# Glossary of Terms

Term	Description
<b>Ariana</b>	A synchro position that moves through right leg splits to box splits and into left leg splits. Athletes can also start in left splits and go the other way.
<b>Bleep test</b>	A multi-stage fitness test used to measure cardiovascular fitness and maximum oxygen uptake (VO2 max). It is commonly used by coaches and trainers to measure athlete fitness.
<b>BPM</b>	Beats per minute.
<b>Cat-camel</b>	The purpose of the cat and camel exercise is to help mobilise the back, reduce stiffness and increase flexibility in your trunk without irritating your neck. When performed on a regular basis, the cat and camel exercise can also help increase endurance, boost your athletic performance and improve your posture.
<b>Chaturanga</b>	This is a yoga position which strengthens arm, shoulder and leg muscles. It develops core stability as well as preparing the body for inversions and arm balances.
<b>Downward facing dog</b>	An outstanding pose for stretching the low back, hamstrings, lower legs and feet. In addition, it is one of the most malleable poses since it can be adjusted to go deeper or lighter almost instantly by applying more or less pressure through the hands, arms and back.
<b>Floor barre</b>	It's an extremely important conditioning for a synchronised swimmer. Floor work helps understand the right alignment of the body, relieving tension and stress on joints due to the absence of gravity, develops the key muscles to use when performing the exercises in the water and improves flexibility.
<b>Forward roll</b>	A fundamental gymnastics skill which starts in a standing position, lower into a squat position, place the hands on the floor shoulder width apart, extend the legs and roll forward ensuring a smooth transition through the shoulders to finish in a standing position.
<b>Gymnastics bridge</b>	A skill that demonstrates good body tension, arm and leg extension, along with a strong core and shoulder flexibility. Emphasis should be on a flexible back.
<b>Headstand</b>	An inversion that exhibits strength, control and beauty in overcoming the fear of falling through physical and mental balance. This pose is performed by resting the head and forearms in a triangular formation on the mat.
<b>Long jump</b>	A track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take-off point.
<b>Plank</b>	A simple but effective bodyweight exercise. Holding the body (light as a feather) stiff as a board develops strength primarily in the core, the muscles that connect the upper and lower body, as well as the shoulders, arms and glutes.
<b>Prone lift</b>	If done properly, this simple but effective exercise tones and strengthens the back of the legs (glutes and hamstrings).
<b>Raised back layout</b>	Targets stability and core strength. It is a challenging core exercise that also strengthens the gluteus muscles and hamstrings.
<b>Scapula press</b>	Performing a scapula push-up targets the muscles that control your shoulder blades and help pull your arms backward. Strengthening these muscles helps to improve your posture as you pull your shoulders back and sit up straight.

Term	Description
<b>Side plank</b>	Works the same muscle groups as the plank but also strengthens the deep muscles of the lower back, so it can help with lower-back pain.
<b>Sun salutation</b>	A yoga exercise that works the spine and strengthens muscles of arms and legs. There are seven stages of the sun salutation that also strengthens the muscles of shoulders, arms and chest. The sun salutation is an activity which involves almost every part of the body and is considered as a complete exercise.
<b>Synchro bridge</b>	Same as the gymnastics bridge but feet sit under hips to create a larger arch in the back.
<b>Triceps press</b>	As your triceps become stronger with this exercise, the strength and stability of the shoulders and elbows increase. The functionality, flexibility and range of motion of your arm increases the more the athlete works and strengthens these muscles.
<b>Upward facing dog</b>	This is a yoga position that strengthens the spine, arms and wrists and stimulates the organs of the abdomen. The exercise also improves posture by stretching anterior spine and strengthening posterior spine.
<b>Vertical jump</b>	This refers to a vertical jump done from a standstill with no steps being involved at all.
<b>Wall sit</b>	An exercise to strengthen the quadriceps muscles.

# Overview of Land Grade Awards



Theme	Grade				
	1	2	3	4	5
<b>Flexibility</b>	Ariana 25cm or less	Ariana 20cm or less	Ariana 15cm or less	Ariana 10cm or less	Ariana 5cm or less
<b>Gymnastic stability</b>	Headstand tuck	Headstand vertical	Headstand split	Headstand knight	Headstand Ariana
<b>Gymnastic agility</b>	Forward roll	Handstand against wall	Handstand away from wall	Handstand forward roll	Handstand to bridge
<b>Movement/coordination</b>	Floor barre exercise 1	Floor barre exercise 2	Floor barre exercise 3	Kicks on back x10 small, x3 90°, x3 180°	Standing x10 small, x3 90°, x3 180°
<b>Core</b>	Plank	Side plank	Supine double leg lift to floor x10	Leg raise to 90° to for 5 seconds (wall barre) x5	Leg raise 180° (wall barre) x5
<b>Synchro specific</b>	Raised back layout	Ballet leg on floor with hips raised	Raised ballet leg	Ballet leg on blocks	Ballet leg on blocks hips raised
<b>Arch</b>	Prone lift	Gymnastics bridge	Synchro bridge	Synchro bridge one leg vertical	Synchro bridge kick to standing
<b>Speed and endurance</b>	Beep test at least level 5	Beep test at least level 6	Beep test at least level 7	Beep test at least level 8	Beep test at least level 9
<b>Leg strength</b>	Wall sit (30 seconds)	Wall sit (1 minute)	Squat (3 controlled)	Squat (3 controlled with 5 seconds hold in squat position)	Squat (5 controlled with 5 seconds hold in squat position)
<b>Arm strength</b>	Scapula press up x5	Scapula press up x10	Tricep press x3 with 5 seconds plank hold	Tricep press x5	Tricep press x8
<b>Body awareness</b>	Cat-camels x5, 30bpm	Cat-camel, downward dog, plank x3, 30bpm	Downward dog, plank, chaturanga, upward dog x3, 30bpm	Sun salutation, 30bpm	Sun salutation x3 without stopping, 30bpm
<b>Explosive power</b>	Long jump (average) 120cm+	Long jump (average) 125cm+	Vertical jump (average) 20cm+	Vertical jump (average) 25cm+	Vertical jump (average) 28cm+

# Land Grade Award descriptions and notes for coaches

## Flexibility

### Instructions

- Athlete performs a dry land Ariana showing all three splits.
- In each split position they should not be higher off the ground than the required standard.
- Athletes may be supported under arms.
- As the athlete rotates between the splits they shouldn't come out of splits but the transition isn't part of the measurement.
- Ariana starting leg is optional.

Grade	1	Ariana 25cm or less	<p><b>Left/right leg split:</b></p> <ul style="list-style-type: none"> <li>• hip bones facing forward (square hips)</li> <li>• shoulders over hips</li> <li>• arm extended behind body, head up</li> <li>• both legs and feet extended</li> <li>• hold each split for 10 seconds.</li> </ul> 
	2	Ariana 20cm or less	
	3	Ariana 15cm or less	
	4	Ariana 10cm or less	<p><b>Box split:</b></p> <ul style="list-style-type: none"> <li>• legs out to sides</li> <li>• legs and feet extended</li> <li>• legs on horizontal line</li> <li>• knees facing upwards</li> <li>• body upright.</li> </ul> 
	5	Ariana 5cm or less	

## Flexibility marking scheme

### Grade 1: Ariana 25cm or less

Mark	Requirements
0	No splits < 25cm
4.0	1 split < 25 cm
5.0	2 splits < 25cm
6.0	3 splits < 25cm with slight rise on transition
7.0	All splits < 25cm no rise on transitions
8.0	All splits < 20cm no rise on transitions

### Grade 2: Ariana 20cm or less

Mark	Requirements
0	No splits < 20cm
4.0	1 split < 20cm
5.0	2 splits < 20cm
6.0	3 splits < 10cm with slight rise on transition
7.0	All splits < 20cm no rise on transitions
8.0	All splits < 15cm no rise on transitions

### Grade 3: Ariana 15cm or less

Mark	Requirements
0	No splits < 15cm
4.0	1 split < 15cm
5.0	2 splits < 15cm
6.0	3 splits < 10cm with slight rise on transition
7.0	All splits < 15cm no rise on transitions
8.0	All splits < 10cm no rise on transitions

## Flexibility marking scheme

### Grade 4: Ariana 10cm or less

Mark	Requirements
0	No splits < 10cm
4.0	1 split < 10cm
5.0	2 splits < 10cm
6.0	3 splits < 10cm with slight rise on transition
7.0	All splits < 10cm no rise on transitions
8.0	All splits < 5cm no rise on transitions

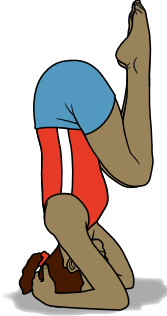
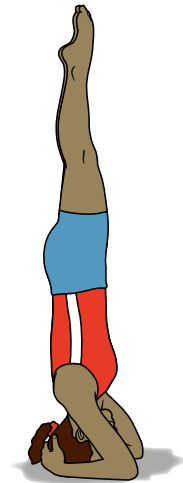
### Grade 5: Ariana 5cm or less

Mark	Requirements
0	No splits < 5cm
4.0	1 split < 5cm
5.0	2 splits < 5cm
6.0	3 splits < 5cm with slight rise on transition
7.0	All splits < 5cm no rise on transitions
8.0	All splits flat no rise on transitions

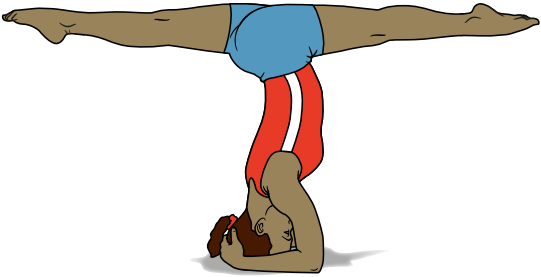
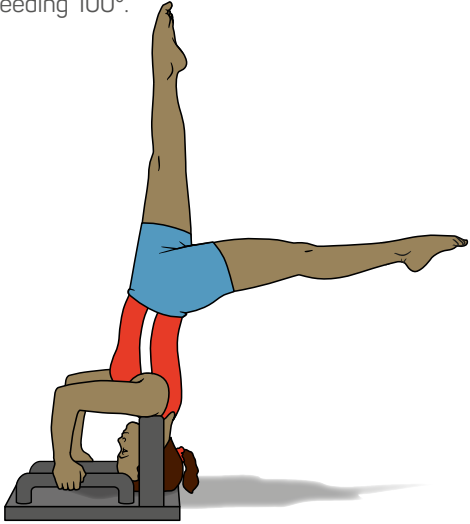
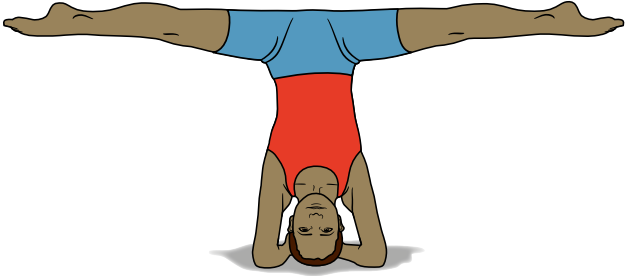
## Gymnastic stability

### Instructions

- Athlete to perform a headstand, arm position and headstand split leg is optional.
- Legs go into position, held at least five seconds and no more than 10 seconds.
- In all positions legs extended in tension and toes pointed.

Grade	1	Headstand tuck	<ul style="list-style-type: none"> <li>• Tuck should be as tight as possible with toes pointed.</li> <li>• Hands and head placed to form a triangle.</li> <li>• Knees drawn into chest with flat back.</li> <li>• Knees and feet together.</li> <li>• Ankles extended and toes pointed.</li> </ul> 
	2	Headstand vertical	<ul style="list-style-type: none"> <li>• Vertical should be as straight as possible with toes pointed and full leg extension.</li> <li>• Hands and head placed to form a triangle.</li> <li>• Legs extended and together.</li> <li>• Ankles extended and toes pointed.</li> </ul> 

## Gymnastic stability

Grade	3	Headstand split	<ul style="list-style-type: none"> <li>Split should be as close to 180° with full leg extension.</li> </ul> 
	4	Headstand knight	<ul style="list-style-type: none"> <li>Knight position should show lower back arched, with hips, shoulders and head on a vertical line.</li> <li>One leg vertical.</li> <li>Other leg extended backward, with the foot as close to horizontal as possible not exceeding 100°.</li> </ul> 
	5	Headstand Ariana	<ul style="list-style-type: none"> <li>Ariana should start with one split, legs move around to box and then to final split, the angle should not exceed 150° in any split.</li> </ul> 

## Gymnastic stability marking scheme

### Grade 1: Headstand tuck

Mark	Requirements
0	Held for < 5 seconds
4.0	5 seconds held but no foot extension
5.0	5 seconds held with extension
6.0	8 seconds held with extension
7.0	10 seconds held with extension
8.0	15 seconds held with extension

### Grade 2: Headstand vertical

Mark	Requirements
0	Held for < 5 seconds
4.0	5 seconds held but lacking extension
5.0	5 seconds held with extension
6.0	8 seconds held with extension
7.0	10 seconds held with extension
8.0	15 seconds held with extension

### Grade 3: Headstand split

Mark	Requirements
0	Held for < 5 seconds
4.0	5 seconds held but lacking extension
5.0	5 seconds held with extension
6.0	8 seconds held with extension
7.0	10 seconds held with extension (split < 150 degrees)
8.0	10 seconds held with extension (split > 180 degrees)

## Gymnastic stability marking scheme

### Grade 4: Headstand knight

Mark	Requirements
0	Held for < 5 seconds
4.0	5 seconds held but lacking extension/position
5.0	5 seconds held with vertical leg position and good extension
6.0	8 seconds held with vertical leg position and good extension
7.0	10 seconds held with vertical leg and good extension (knight angle 45 – 89°)
8.0	10 seconds held with vertical leg and good extension (knight angle 90°)

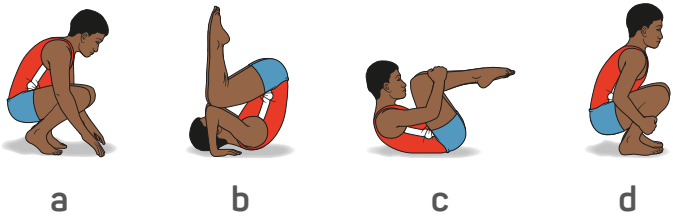
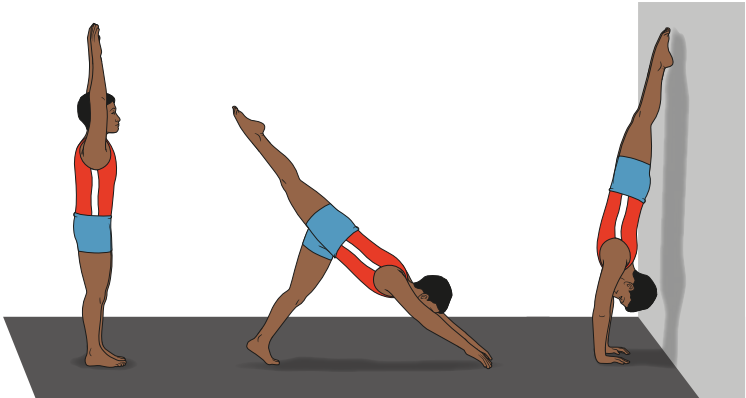
### Grade 5: Headstand Ariana

Mark	Requirements
0	All 3 splits not completed
4.0	Each split held for 2 seconds held but lacking extension
5.0	Each split held for 2 seconds held splits >160° (2 or more splits)
6.0	Each split held for 5 seconds and angle 160 – 180° (on two splits)
7.0	Each split held for 5 seconds and angle 160 – 180° on (all splits)
8.0	Each split held for 5 seconds and 180°


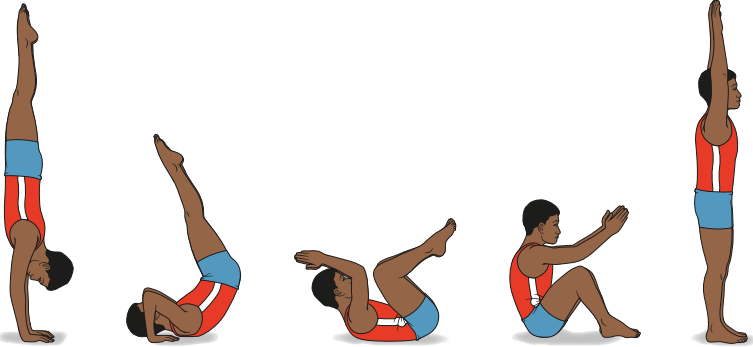
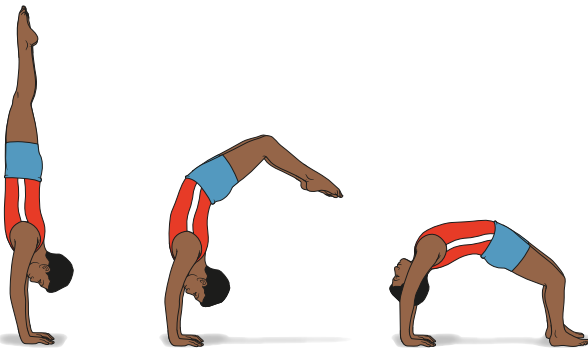
## Gymnastic agility

### Instructions

- Handstand head positions are optional.
- Handstand split leg is optional.
- Handstand kick up is optional.

Grade	1	Forward roll	<ul style="list-style-type: none"> <li>• From squat position, place hands on the floor in front of the feet.</li> <li>• Push through the legs creating a forward rotation.</li> <li>• Hips lift over the head, support through the arms.</li> <li>• Aim to roll over the shoulders and not the top of the head.</li> <li>• Legs are tucked in through the middle of the roll (through shoulder stand).</li> <li>• Keep the legs tucked to increase the speed on the roll:enabling a smooth exit to stand.</li> </ul> <div style="text-align: center;">  <p style="display: flex; justify-content: space-around; margin: 0;"> <span><b>a</b></span> <span><b>b</b></span> <span><b>c</b></span> <span><b>d</b></span> </p> </div>
	2	Handstand against wall	<ul style="list-style-type: none"> <li>• Hands placed shoulder width apart, 15cm away from wall.</li> <li>• Head in neutral position.</li> <li>• Body straight, long press through the shoulders and flat back.</li> <li>• Feet should rest lightly on the wall.</li> <li>• Kick up to handstand, hold for 3-5 seconds.</li> <li>• Athlete must be as stationary as possible.</li> <li>• Some movement is allowed.</li> </ul> <div style="text-align: center;">  </div>

## Gymnastic move

Grade	3	Handstand away from wall	<ul style="list-style-type: none"> <li>• Start standing.</li> <li>• Kick up to handstand, hold for 2-3 seconds.</li> <li>• Hands are placed on the floor, shoulder width apart, index fingers pointing forward.</li> <li>• Head is in a neutral position / maybe lifted to look at fingers.</li> <li>• In handstand, body should be straight, with a long press through the shoulders and flat back.</li> <li>• Athlete must be as stationary as possible.</li> <li>• Some movement is allowed.</li> <li>• Head position optional.</li> </ul> 
	4	Handstand forward roll	<ul style="list-style-type: none"> <li>• Start standing.</li> <li>• Kick up to handstand, hold for one second.</li> <li>• Rotate through an off balance position and bend arms and tuck chin.</li> <li>• Pass through a shoulder stand position.</li> <li>• Forward roll to standing.</li> </ul> 
	5	Handstand to bridge	<ul style="list-style-type: none"> <li>• Start standing.</li> <li>• Kick up to handstand, hold for one second.</li> <li>• Legs move with control to bridge (either both or one leg at a time), the feet should not drop to the ground.</li> <li>• Hold synchro bridge for 5 seconds.</li> <li>• Head position optional.</li> </ul> 

## Gymnastic move marking scheme

### Grade 1: Forward roll

Mark	Requirements
0	Roll not completed
4.0	Roll completed but not to stand
5.0	Roll completed but hands used to stand
6.0	Roll completed to stand without hand
7.0	Roll completed with extension at start of the roll
8.0	Dive forward roll completed

### Grade 2: Handstand against wall

Mark	Requirements
0	Held < 3 seconds without extension
4.0	Held for 3 seconds without full extension
5.0	Held for 3 seconds with full extension
6.0	Held for 5 seconds with full extension
7.0	Held for 8 seconds with full extension
8.0	Held for 10 seconds with full extension

### Grade 3: Handstand away from wall

Mark	Requirements
0	Held < 1 second without extension
4.0	Held for 1 second without full extension
5.0	Held for 1 second with full extension
6.0	Held for 2 seconds with full extension
7.0	Held for 3 seconds with full extension and some movement
8.0	Held for 3 seconds with full extension and no movement

## Gymnastic move marking scheme

### Grade 4: Handstand forward roll

Mark	Requirements
0	Incomplete movement
4.0	Hand stand – Held for 1 second without full extension Roll – hands used to stand
5.0	Hand stand – Held for 1 second with full extension Roll – Stand without hands
6.0	Hand stand – Held for 2 seconds with full extension Roll – stand without hands
7.0	Hand stand – Held for 3 seconds with full extension and some movement Roll – stand without hands
8.0	Hand stand – Held for 3 seconds with full extension and no movement Roll – straight body kept at start of roll

### Grade 5: Handstand to bridge

Mark	Requirements
0	Incomplete movement
4.0	Hand stand – Held for 1 second without full extension Drop to bridge with no extension
5.0	Hand stand – Held for 1 second with full extension bridge Drop to bridge with some extension
6.0	Hand stand – Held for 2 seconds with full extension bridge Drop to bridge with good extension
7.0	Hand stand – Held for 3 seconds with full extension and some movement Drop to bridge with some good extension and shoulders over hands
8.0	Hand stand – Held for 3 seconds with full extension and no movement Control to bridge with good extension and shoulders over hands

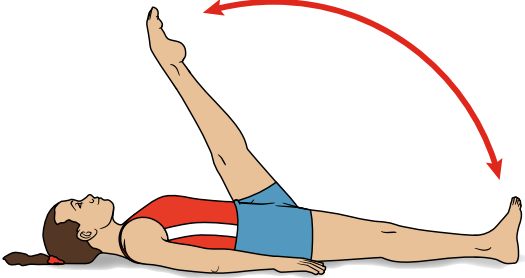
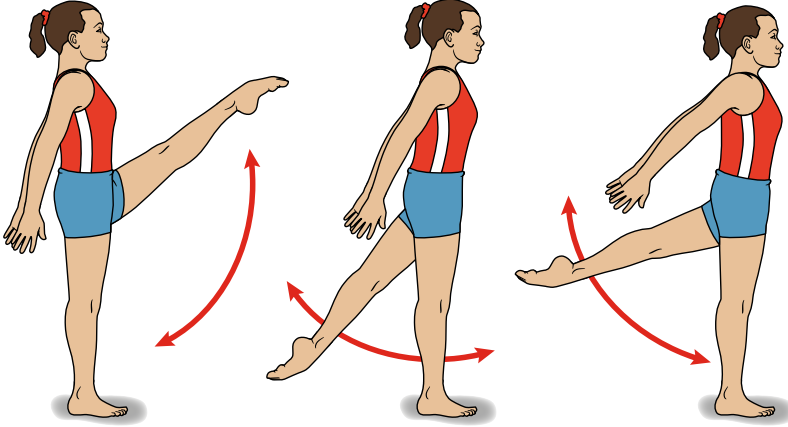
**Movement/coordination**

Grade	1	<p>Floor barre exercise 1</p> <p>Follow sequences:</p> <ul style="list-style-type: none"> <li>· 1, 2, 1, 3, 1, 4, 5, 4, 6, 4</li> <li>· 5, 7, 8, 7, 5, 4, 6, 4</li> </ul>	
	2	<p>Floor barre exercise 2</p> <p>Follow sequences:</p> <ul style="list-style-type: none"> <li>· 1, 2, 1, 3, 1</li> <li>· 4, 5, 4, 6, 4</li> <li>· 5, 7, 8, 7, 5, 4, 6, 4</li> <li>· 9, 10, 11, 12, 13</li> </ul>	

**Movement/coordination**

Grade	3	<p>Floor barre exercise 3</p> <p>Follow sequences:                      1, 2, 3, 4, 1, 5, 3, 6, 1                      7, 8, 9, 10, 11, 8, 11, 10                      12, 13, 3, 15, 12, 16, 3, 17, 12                      18, 19, 20, 21, 22, 19, 23, 21                      12, 13, 14, 24, 25, 13, 14, 17, 12                      18, 26, 27, 28, 19, 23, 21</p>	
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**Movement/coordination**

	4 Kicks on back x3 small, x3 90°, x3 180°	
Grade	5 Standing x3 small, x3 90°, x3 180°	

## Movement/coordination marking scheme

### Grade 1: Floor barre exercise 1

Mark	Requirements
0	Incorrect sequence or 5 or more warnings on form or timing
4.0	3 times 4 warning on form
5.0	3 times 3 warning on form
6.0	3 times 2 warning on form
7.0	3 times 1 warning on form
8.0	3 times perfect form

### Grade 2: Floor barre exercise 2

Mark	Requirements
0	Incorrect sequence or 5 or more warnings on form or timing
4.0	3 times 4 warning on form
5.0	3 times 3 warning on form
6.0	3 times 2 warning on form
7.0	3 times 1 warning on form
8.0	3 times perfect form

### Grade 3: Floor barre exercise 3

Mark	Requirements
0	Incorrect sequence or 5 or more warnings on form or timing
4.0	3 times 4 warning on form
5.0	3 times 3 warning on form
6.0	3 times 2 warning on form
7.0	3 times 1 warning on form
8.0	3 times perfect form

## Movement/coordination marking scheme

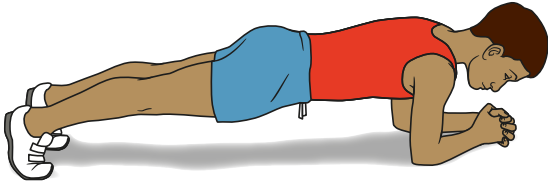
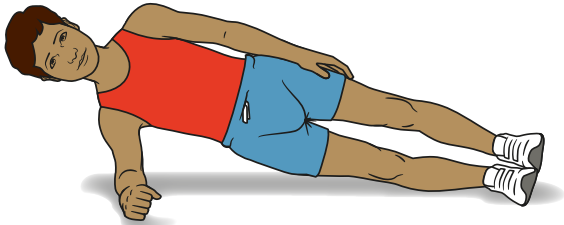
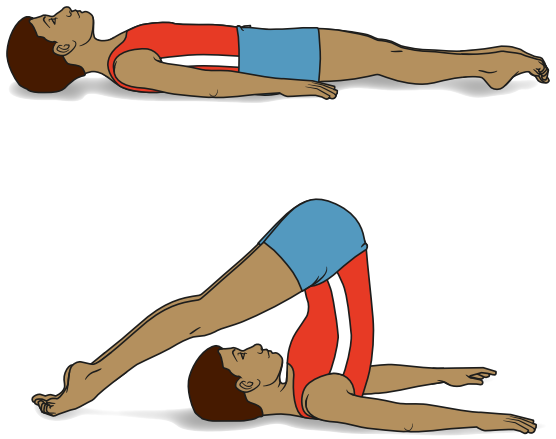
### Grade 4: Kick on back x10 small, x3 90°, x3 180°

Mark	Requirements
0	Incorrect sequence or 5 or more warnings on form or timing
4.0	3 times 4 warning on form
5.0	3 times 3 warning on form
6.0	3 times 2 warning on form
7.0	3 times 1 warning on form
8.0	3 times perfect form

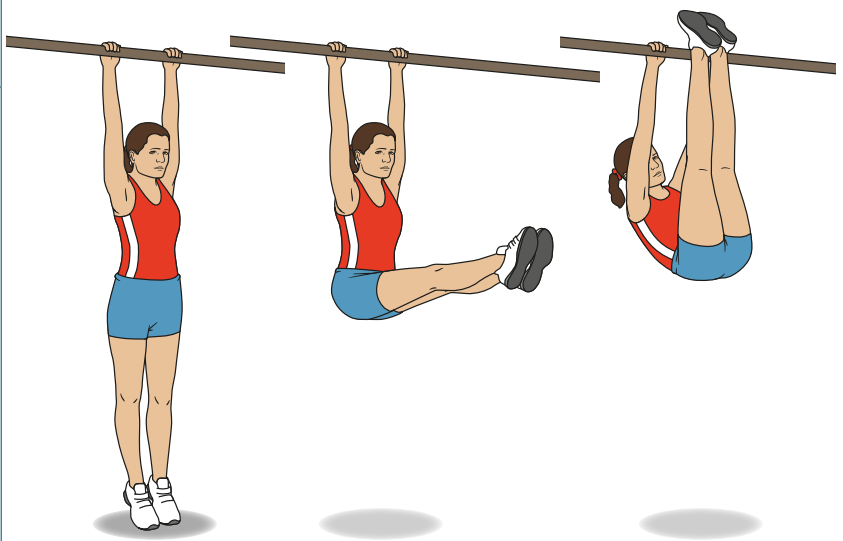
### Grade 5: Standing x10 small, x3 90°, x3 180°

Mark	Requirements
0	Incorrect sequence or 5 or more warnings on form or timing
4.0	3 times 4 warning on form
5.0	3 times 3 warning on form
6.0	3 times 2 warning on form
7.0	3 times 1 warning on form
8.0	3 times perfect form

## Core

Grade	1	Plank	<ul style="list-style-type: none"> <li>• Body fully extended, elbows under shoulders.</li> <li>• Feet dorsi-flexed, long and neutral neck position.</li> <li>• Line from middle of head, hips and feet.</li> <li>• Time from starting to hold in perfect position, cut off 4 minutes.</li> </ul>	
	2	Side plank	<ul style="list-style-type: none"> <li>• Body fully extended, elbow under shoulders.</li> <li>• Feet stacked one on top the other.</li> <li>• Arm flat by side.</li> <li>• Body must remain fully extended, in line and tight.</li> <li>• Head must also remain in line.</li> </ul>	
	3	Supine double leg lift to floor x10	<ul style="list-style-type: none"> <li>• Start in supine position on floor.</li> <li>• Legs together and extended, pelvic tilt and engage core.</li> <li>• Raise legs to 90° and then over head to touch floor.</li> <li>• 10 consecutive and rhythmic times.</li> <li>• Exhale as movement is performed.</li> <li>• Go back with control to the starting position as you breathe in and repeat.</li> </ul>	

## Core

Grade	4	Leg raise to 90° for 5 seconds (wall barre) x5	<ul style="list-style-type: none"> <li>• Athlete hang from a chin-up barre with both arms extended, arms shoulder width apart, legs pointing straight down with extension.</li> <li>• Pelvic tilt and engage core.</li> <li>• Raise legs to the barre going through 90° angle.</li> <li>• Exhale as movement is performed.</li> <li>• Go back with control the starting position as you breathe in and repeat.</li> </ul>
	5	Leg raise 180° (wall barre) x5	

## Core marking scheme

### Grade 1: Plank

Mark	Requirements
0	Incorrect position and less than 30 seconds
4.0	30 seconds good position
5.0	0:31 – 1:30 minutes good position (2 warnings on position only)
6.0	1:31 – 2:30 minutes good position (2 warnings on position only)
7.0	2:30 – 3:30 minutes (2 warnings on position only)
8.0	3:30 – 4:00 minutes (2 warnings on position only)

### Grade 2: Side plank

Mark	Requirements
0	Incorrect position and less than 30 seconds.
4.0	30 seconds good position
5.0	0:31 – 1:30 minutes good position (2 warnings on position only)
6.0	1:31 – 2:30 minutes good position (2 warnings on position only)
7.0	2:30 – 3:30 minutes (2 warnings on position only)
8.0	3:30 – 4:00 minutes (2 warnings on position only)

### Grade 3: Supine double leg lift to floor x10

Mark	Requirements
0	Less than 10 repetitions completed with correct technique
4.0	10 completed but 2/3 don't touch the floor
5.0	10 completed but lacking extension
6.0	10 completed with good extension
7.0	10 completed with good extension and rhythm
8.0	10 completed with good extension, rhythm and control

## Core marking scheme

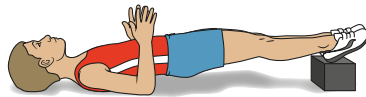
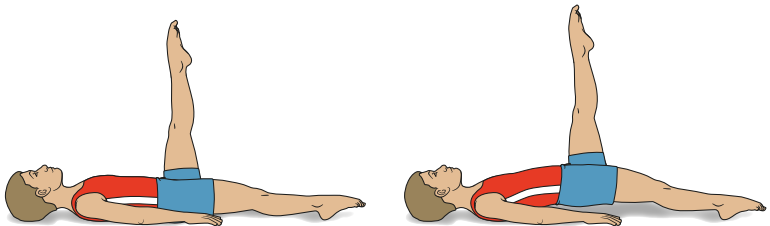
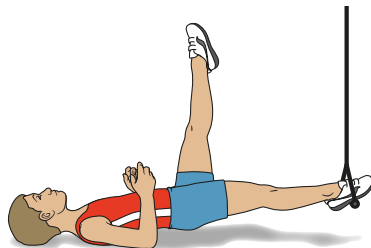
### Grade 4: Leg raise 90° for 5 seconds (wall barre) x5

Mark	Requirements
0	Less than 5 repetitions completed with correct technique
4.0	5 completed but 1 to 2 don't fill the full the full movement
5.0	5 completed but lack extension
6.0	5 completed with good extension
7.0	5 completed with good extension and rhythm
8.0	10 completed with good extension, rhythm and control

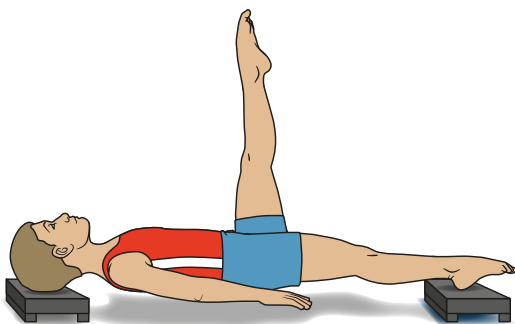
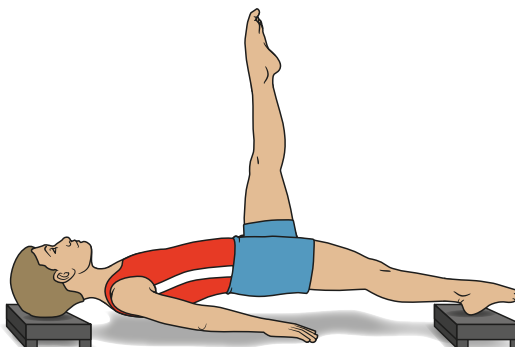
### Grade 5: Leg raise 180° (wall barre) x5

Mark	Requirements
0	Less than 5 repetitions completed with correct technique
4.0	5 completed but 1 to 2 don't fill the full the full movement
5.0	5 completed but lack extension
6.0	5 completed with good extension
7.0	5 completed with good extension and rhythm
8.0	10 completed with good extension, rhythm and control

## Synchro specific

Grade	1	Raised back layout	<ul style="list-style-type: none"> <li>• Lay in supine on floor with heels on a block.</li> <li>• Engage core and lift until only shoulders on floor.</li> <li>• Hold stationary for 10 seconds.</li> <li>• Lower to floor.</li> </ul>	
	2	Ballet leg on floor with hips raised	<ul style="list-style-type: none"> <li>• Lay in supine on floor.</li> <li>• Engage core and lift hips off the ground.</li> <li>• Perform a slow straight ballet lift to 90° with full leg extension.</li> <li>• Hold for 10 seconds.</li> <li>• Lower leg to raised hip back layout.</li> <li>• Lower hips to floor.</li> </ul>	
	3	Raised ballet leg	<ul style="list-style-type: none"> <li>• Lay in supine on floor with heels in TRX.</li> <li>• Engage core and lift until only shoulders on floor.</li> <li>• Perform a slow straight ballet left to 90°.</li> <li>• Hold for 10 seconds.</li> <li>• Lower leg to raised hip bent knee and then to back layout.</li> <li>• Lower to floor.</li> </ul>	

## Synchro specific

Grade	4	Ballet leg on blocks	<ul style="list-style-type: none"> <li>• Lay in supine on floor with heels on a block.</li> <li>• Shoulders on block/step.</li> <li>• Engage core so body is flat.</li> <li>• Perform a slow ballet left to 90°, passing through bent knee.</li> <li>• Hold for 10 seconds.</li> <li>• Lower leg to bent knee and then to back layout.</li> <li>• Lower to floor.</li> </ul>	
	5	Ballet leg on blocks hips raised	<ul style="list-style-type: none"> <li>• Lay in supine on floor with heels on a block.</li> <li>• Shoulders on block/step.</li> <li>• Engage core and lift hips so they are higher than body.</li> <li>• Perform a slow ballet left to 90°, passing through bent knee.</li> <li>• Hold for 10 seconds.</li> <li>• Lower leg to bent knee and then to back layout.</li> <li>• Lower to floor.</li> </ul>	

## Synchro specific marking scheme

### Grade 1: Raised back layout

Mark	Requirements
0	Incorrect sequence or not held for 10 seconds
4.0	Held for 10 seconds 4 warning on form
5.0	Held for 10 seconds 3 warning on form
6.0	Held for 10 seconds 2 warning on form
7.0	Held for 10 seconds 1 warning on form
8.0	Held for 10 seconds perfect form

### Grade 2: Ballet leg on floor with hips raised

Mark	Requirements
0	Incorrect sequence or not held for 10 seconds
4.0	Held for 10 seconds 3 warning on form
5.0	Held for 10 seconds 2 warning on form
6.0	Held for 10 seconds 1 warning on form
7.0	Held for 10 seconds perfect form
8.0	Held for 10 seconds perfect form and very controlled

### Grade 3: Raise ballet leg

Mark	Requirements
0	Incorrect sequence or not held for 10 seconds
4.0	Held for 10 seconds 3 warning on form
5.0	Held for 10 seconds 2 warning on form
6.0	Held for 10 seconds 1 warning on form
7.0	Held for 10 seconds perfect form
8.0	Held for 10 seconds perfect form and very controlled

## Synchro specific marking scheme

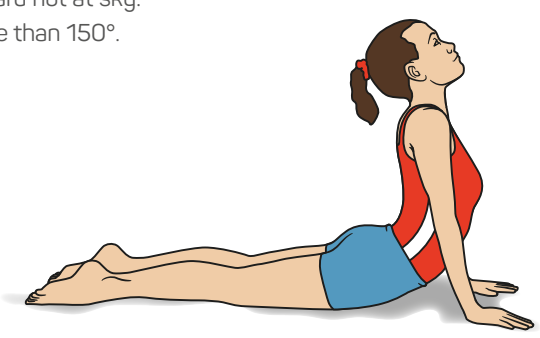


### Grade 4: Ballet leg on blocks

Mark	Requirements
0	Incorrect sequence or not held for 10 seconds
4.0	Held for 10 seconds 4 warning on form
5.0	Held for 10 seconds 3 warning on form
6.0	Held for 10 seconds 2 warning on form
7.0	Held for 10 seconds 1 warning on form
8.0	Held for 10 seconds perfect form

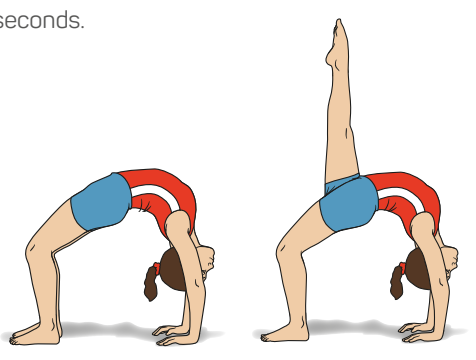
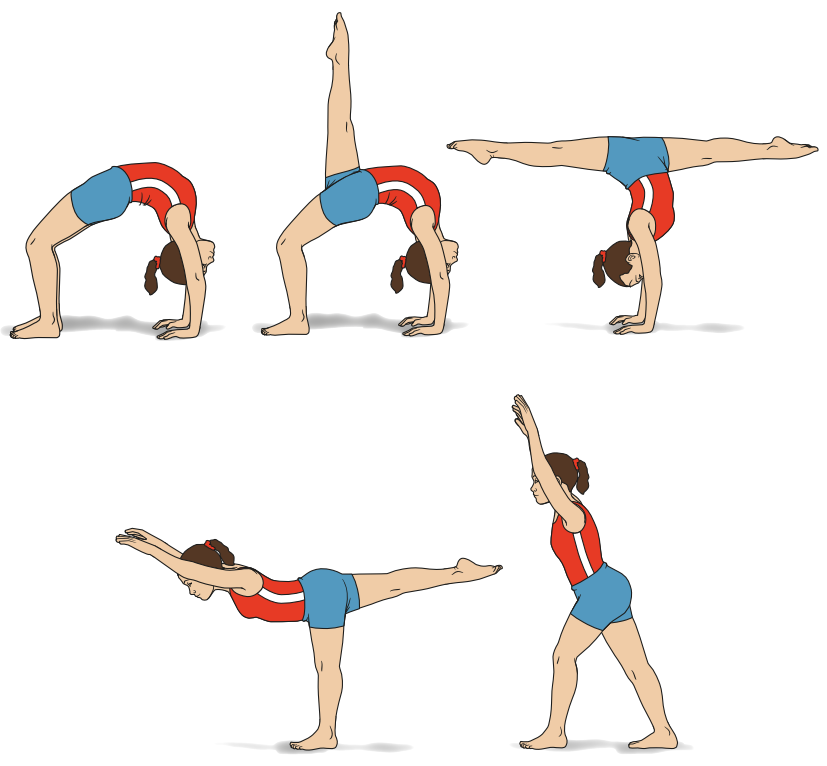
### Grade 5: Ballet leg on blocks hips raise

Mark	Requirements
0	Incorrect sequence or not held for 10 seconds
4.0	Held for 10 seconds 3 warning on form
5.0	Held for 10 seconds 2 warning on form
6.0	Held for 10 seconds 1 warning on form
7.0	Held for 10 seconds perfect form
8.0	Held for 10 seconds perfect form and slow control

## Arch

Grade	1	Prone lift	<ul style="list-style-type: none"> <li>• Lay prone on floor.</li> <li>• Hands flat on by shoulders.</li> <li>• Legs extended behind.</li> <li>• Push arms straight.</li> <li>• Arch as far as possible keeping pelvic bone in contact with ground.</li> <li>• Eyes forward not at sky.</li> <li>• Angle more than 150°.</li> </ul> 
	2	Gymnastics bridge	<ul style="list-style-type: none"> <li>• Hands flat on floor.</li> <li>• Hands under shoulders.</li> <li>• Feet including heels fully on the floor.</li> <li>• Legs extended hips pushing up as high as possible.</li> <li>• Hold for 10 seconds.</li> </ul> 
	3	Synchro bridge	<ul style="list-style-type: none"> <li>• Hands flat on floor.</li> <li>• Hands under shoulders.</li> <li>• Feet including heels fully on the floor.</li> <li>• Knees may be bent and feet may be apart.</li> <li>• Get hands and feet as close as possible.</li> <li>• Distance measured less than 50cm.</li> <li>• Hold for 10 seconds.</li> </ul> 

# Arch

	<p>4 Synchro bridge one leg vertical</p>	<ul style="list-style-type: none"> <li>• Hands flat on floor.</li> <li>• Hands under shoulders.</li> <li>• Lift one leg as high as possible.</li> <li>• Leg should be vertical.</li> <li>• Back knees may be bent but as close to arms as possible.</li> <li>• Hold for 10 seconds.</li> </ul> 
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Grade</p>	<p>5 Synchro bridge kick to standing</p>	<ul style="list-style-type: none"> <li>• Hands flat on floor.</li> <li>• Hands under shoulders.</li> <li>• Lift one leg pass through splits and arabesque.</li> <li>• Finish standing, feet optional, arms extended by ears.</li> </ul> 

## Arch marking scheme

### Grade 1: Prone lift

Mark	Requirements
0	Arch > 160° and pelvic bones not on the ground and arms not straight
4.0	160 - 151°
5.0	150 - 141°
6.0	140 - 131°
7.0	130 - 121°
8.0	< 120° at the hips

### Grade 2: Gymnastics bridge

Mark	Requirements
0	Legs and arms not straight and barely off the floor
4.0	Arms straight but legs not
5.0	Legs and arms straight
6.0	Legs straight and shoulders nearly over hands
7.0	Legs and arms straight and shoulder over hands
8.0	Legs and arms straight and shoulders past the hands

### Grade 3: Synchro bridge

Mark	Requirements
0	Heels and palm of the hand not on the floor and not held for 10 seconds
4.0	> 50cm
5.0	50cm – 41cm
6.0	40cm – 31cm
7.0	30cm – 21cm
8.0	< 20cm

## Arch marking scheme

### Grade 4: Synchro bridge one leg vertical

Mark	Requirements
0	Heels and palm of the hand not on the flow and not held for 10 seconds
4.0	Arms straight but lifted leg straight but not vertical
5.0	Arms straight and lifted leg straight and vertical
6.0	Legs straight, lifted leg vertical and shoulders nearly over hands
7.0	Legs and arms straight, lifted leg vertical and shoulder over hands
8.0	Legs and arms straight lifted leg vertical and shoulders past the hands

### Grade 5: Synchro bridge kick to standing

Mark	Requirements
0	Legs and arms not straight and walk over not completed
4.0	Arms straight but legs not straight in the walkover
5.0	Legs and arms straight in the walkover
6.0	Legs straight and shoulders nearly over hands and legs go through a 160° split
7.0	Legs and arms straight and shoulder over hands and legs go through a 170° split
8.0	Legs and arms straight and shoulders past the hands and legs go through a 180° split

## Speed and endurance

### Instructions

- Beep test must be a specific 20m measured distance.

Grade	1	Beep test at least level 5	Instructions: <ul style="list-style-type: none"> <li>• Press the start button of the Beep Fitness Test app.</li> <li>• Run 20 meters to the opposite marker, getting there before the next beep sounds.</li> <li>• Wait there until the beep sounds before running back to the other marker.</li> <li>• Repeat this process for each shuttle until you are unable to keep up with the beeps.</li> <li>• Free apps available to download for beep test.</li> </ul>
	2	Beep test at least level 6	
	3	Beep test at least level 7	
	4	Beep test at least level 8	
	5	Beep test at least level 9	

## Speed and endurance marking scheme

### Grade 1: Beep test at least level 5

Mark	Requirements
0	Test not completed to level 4.0
4.0	Test completed to level 4.0 +
5.0	Test completed to level 5.0 +
6.0	Test completed to level 6.0 +
7.0	Test completed to level 7.0 +
8.0	Test completed to level 8.0 +

### Grade 2: Beep test at least level 6

Mark	Requirements
0	Test not completed to level 5.0
4.0	Test completed to level 6.0 +
5.0	Test completed to level 7.0 +
6.0	Test completed to level 8.0 +
7.0	Test completed to level 9.0 +
8.0	Test completed to level 10.0 +

### Grade 3: Beep test at least level 7

Mark	Requirements
0	Test not completed to level 6.0.
4.0	Test completed to level 6.0 +
5.0	Test completed to level 7.0 +
6.0	Test completed to level 8.0 +
7.0	Test completed to level 9.0 +
8.0	Test completed to level 10.0 +

## Speed and endurance marking scheme


### Grade 4: Beep test at least level 8

Mark	Requirements
0	Test not completed to level 7.0
4.0	Test completed to level 7.0 +
5.0	Test completed to level 8.0 +
6.0	Test completed to level 9.0 +
7.0	Test completed to level 10.0 +
8.0	Test completed to level 11.0 +

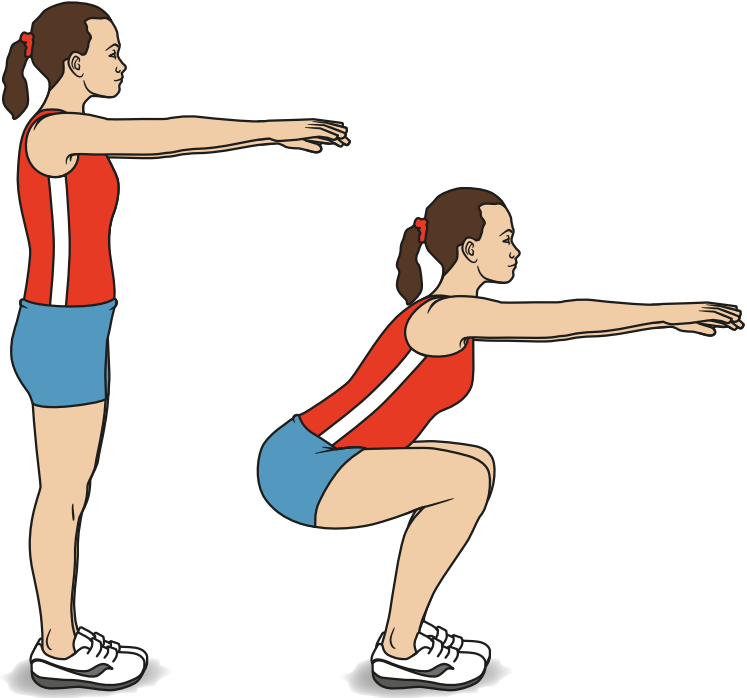
### Grade 5: Beep test at least level 9

Mark	Requirements
0	Test not completed to level 8.0
4.0	Test completed to level 8.0 +
5.0	Test completed to level 9.0 +
6.0	Test completed to level 10.0 +
7.0	Test completed to level 11.0 +
8.0	Test completed to level 12.0 +

## Leg strength

Grade		
	1 Wall sit (30 seconds)	<ul style="list-style-type: none"><li>• Stand feet hip width apart.</li><li>• Toes facing forward.</li><li>• Arms crossed over chest.</li><li>• Back flat against wall.</li><li>• Core engaged.</li><li>• Legs bent so hips in line with knees at 90°.</li><li>• Time starts when athlete in position.</li></ul>
2	Wall sit (1 minute)	

## Leg strength

Grade	3	Squat (3 controlled)	<ul style="list-style-type: none"> <li>• Stand with feet a little wider than shoulders.</li> <li>• Hips stacked over knees.</li> <li>• Roll the shoulders back and down.</li> <li>• Movement initiated by inhaling and unlocking the hips.</li> <li>• Push hips backward as the knees bend.</li> <li>• Chest and shoulders stay straight.</li> <li>• Optimal squat depth, hips just past knee line.</li> <li>• Core engaged and repeat.</li> </ul>
	4	Squat (3 controlled with 5 seconds hold in squat position)	
	5	Squat (5 controlled with 5 seconds hold in squat position)	

## Leg strength marking scheme

### Grade 1: Wall sit (30 seconds)

Mark	Requirements
0	Incorrect position or not held for 30 seconds
4.0	Held for 30 seconds 5 warning on form
5.0	Held for 30 seconds 4 warning on form
6.0	Held for 30 seconds 3 warning on form
7.0	Held for 30 seconds 2 warning on form
8.0	Held for 30 seconds 1 warning on form

### Grade 2: Wall sit (1 minute)

Mark	Requirements
0	Incorrect position or not held for 10 seconds
4.0	Held for 10 seconds 4 warning on form
5.0	Held for 10 seconds 3 warning on form
6.0	Held for 10 seconds 2 warning on form
7.0	Held for 10 seconds 1 warning on form
8.0	Held for 10 seconds perfect form

### Grade 3: Squat (3 controlled)

Mark	Requirements
0	Incorrect movement or not completed 3 times
4.0	Completed 3 times 4 warning on form
5.0	Completed 3 times 3 warning on form
6.0	Completed 3 times 2 warning on form
7.0	Completed 3 times 1 warning on form
8.0	Completed 3 times perfect form

## Leg strength marking scheme

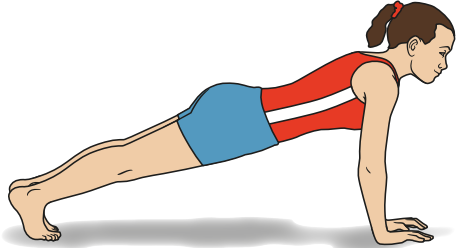
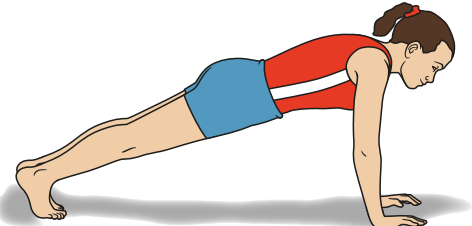
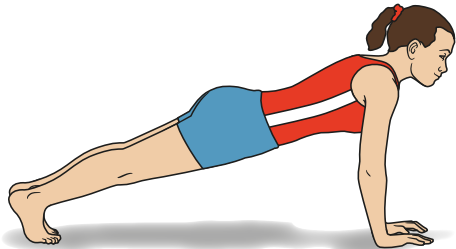
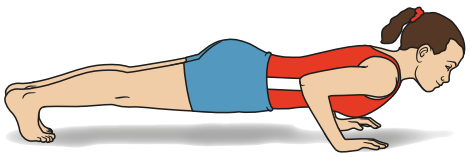
### Grade 4: Squat (3 controlled with 5 seconds hold in squat position)

Mark	Requirements
0	Incorrect movement or not completed 3 times with 5 seconds holds
4.0	Completed 3 times 5 warning on form
5.0	Completed 3 times 4 warning on form
6.0	Completed 3 times 3 warning on form
7.0	Completed 3 times 2 warning on form
8.0	Completed 3 times 1 warning on form

### Grade 5: Squat (5 controlled with 5 seconds hold in squat position)

Mark	Requirements
0	Incorrect movement or not completed 3 times
4.0	Completed 3 times 4 warning on form
5.0	Completed 3 times 3 warning on form
6.0	Completed 3 times 2 warning on form
7.0	Completed 3 times 1 warning on form
8.0	Completed 3 times perfect form

## Arm strength

Grade	1	Scapula press up x5	<ul style="list-style-type: none"> <li>• Athlete adopts a straight arm prone plank position (on mat), feet slightly apart.</li> <li>• Hands placed flat on floor in-line with shoulders, fingers pointing forward.</li> <li>• Push up through spine, spread shoulder blades as far apart as possible.</li> <li>• Lower chest and return to starting position, shoulder blades squeezed together.</li> <li>• The head must remain neutral.</li> <li>• Press ups must be performed rhythmically.</li> </ul>
	2	Scapula press up x10	 
	3	Tricep press x3 with 5 seconds plank hold	<ul style="list-style-type: none"> <li>• Athlete adopts a straight arm prone plank position (on mat), feet slightly apart.</li> <li>• Hands placed flat on floor in-line with shoulders, fingers pointing forward <b>a</b>.</li> <li>• Bend elbow so they are facing towards the ceiling and close to body position <b>b</b>.</li> <li>• Braces core as push body to full elbow extension to position <b>a</b>.</li> <li>• The head must remain neutral.</li> <li>• Athlete must lower body in-line, chest close to floor.</li> <li>• Press ups must be performed rhythmically.</li> </ul>
	4	Tricep press x5	 <span style="float: right;"><b>a</b></span>
	5	Tricep press x8	 <span style="float: right;"><b>b</b></span>

## Arm strength marking scheme

### Grade 1: Scapula press up x5

Mark	Requirements
0	Incorrect movement or timing or not completed 5 times
4.0	Completed 5 times 4 warning on form/timing
5.0	Completed 5 times 3 warning on form/timing
6.0	Completed 5 times 2 warning on form/timing
7.0	Completed 5 times 1 warning on form/timing
8.0	Completed 5 times perfect form/timing

### Grade 2: Scapula press up x10

Mark	Requirements
0	Incorrect movement or timing or not completed 10 times
4.0	Completed 10 times 4 warning on form/timing
5.0	Completed 10 times 3 warning on form/timing
6.0	Completed 10 times 2 warning on form/timing
7.0	Completed 10 times 1 warning on form/timing
8.0	Completed 10 times perfect form/timing

### Grade 3: Tricep press x3 with 5 seconds plank hold

Mark	Requirements
0	Incorrect movement or timing or not completed 3 times
4.0	Completed 3 times 4 warning on form/timing
5.0	Completed 3 times 3 warning on form/timing
6.0	Completed 3 times 2 warning on form/timing
7.0	Completed 3 times 1 warning on form/timing
8.0	Completed 3 times perfect form/timing

## Arm strength marking scheme

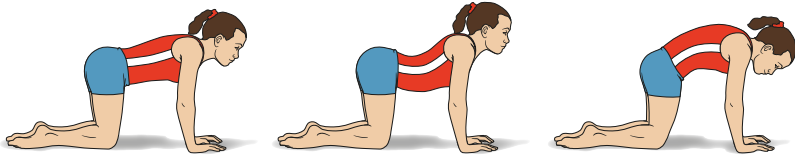
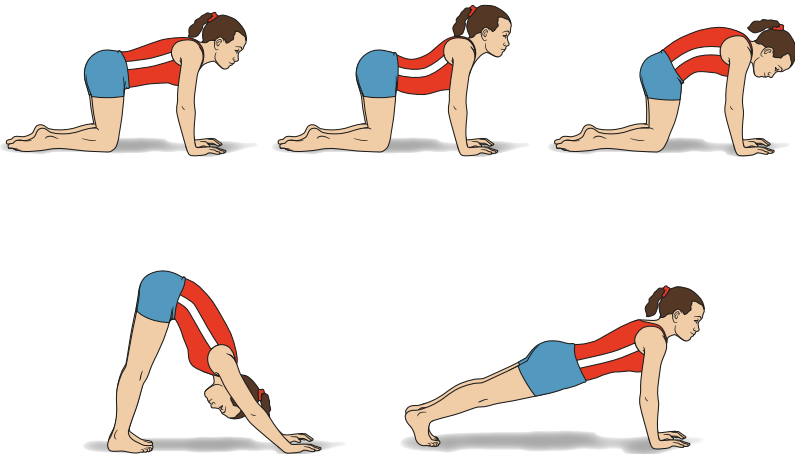
### Grade 4: Tricep press x5

Mark	Requirements
0	Incorrect movement or timing or not completed 5 times
4.0	Completed 5 times 4 warning on form/timing
5.0	Completed 5 times 3 warning on form/timing
6.0	Completed 5 times 2 warning on form/timing
7.0	Completed 5 times 1 warning on form/timing
8.0	Completed 5 times perfect form/timing

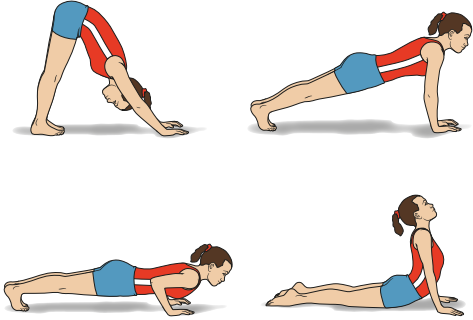
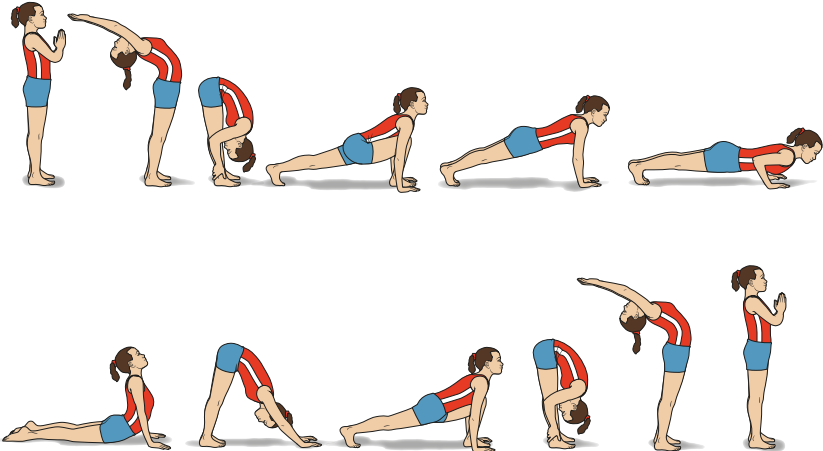
### Grade 5: Tricep press x8

Mark	Requirements
0	Incorrect movement or timing or not completed 5 times
4.0	Completed 5 times 4 warning on form/timing
5.0	Completed 5 times 3 warning on form/timing
6.0	Completed 5 times 2 warning on form/timing
7.0	Completed 5 times 1 warning on form/timing
8.0	Completed 5 times perfect form/timing

## Body awareness

Grade	1	Cat-camels x5, 30bpm	<ul style="list-style-type: none"> <li>• Start on all fours.</li> <li>• 30bpm, move on each beat, hold for 1 beat per move.</li> <li>• Press stomach toward the floor and lift your buttocks to ceiling.</li> <li>• Starting from buttocks roll spine by relaxing head.</li> <li>• Round back up toward the ceiling.</li> <li>• Hold each stretch for 5 seconds.</li> <li>• Perform 5 transitions and return to the starting position with a flat back.</li> </ul>
			
	2	Cat-camel, downward dog, plank x3, 30bpm	<ul style="list-style-type: none"> <li>• Start on all fours.</li> <li>• 30bpm, move on each beat, hold for 1 beat per move.</li> <li>• Press stomach toward the floor and lift your buttocks to ceiling.</li> <li>• Starting from buttocks roll spine with a rounded back toward the ceiling.</li> <li>• Push up to downward dog.</li> <li>• Move through to plank.</li> <li>• Bend knees to floor and repeat a further 4 times.</li> </ul>
			

## Body awareness

Grade	3	Downward dog, plank, chaturanga, upward dog x3, 30bpm	<ul style="list-style-type: none"> <li>• Start at edge of mat in downward dog.</li> <li>• 30bpm, move on each beat, hold for 1 beat in downward and upward dog positions.</li> <li>• Move through to plank.</li> <li>• Bend elbows to chaturanga.</li> <li>• Press arms up untuck toes to upward dog.</li> <li>• Push back through hips, tuck toes back to downward dog and repeat a further 2 times.</li> </ul>
			
	4	Sun salutation 30bpm	<ul style="list-style-type: none"> <li>• 30bpm, move on each beat, hold for 1 beat in all positions apart from chaturanga.</li> <li>• Start standing at edge of mat, press hands together in mountain pose, exhale.</li> <li>• Raise hands overhead and press pubic bon forward, tighten buttocks, inhale.</li> <li>• Bend forward to forward fold, exhale.</li> <li>• Step right foot back to lunge, inhale.</li> <li>• Bring left foot back to plank, hold breath in.</li> <li>• Bend elbows and lower to chaturanga, exhale and continue to move by pressing up, untuck toes into upward dog, inhale.</li> <li>• Push back through hips, tuck toes back to downward dog, exhale.</li> <li>• Step left foot forward to lunge, inhale.</li> <li>• Step right foot into forward fold, exhale.</li> <li>• Lift arms to standing back bend, inhale.</li> <li>• Return to mountain, exhale and repeat as necessary.</li> </ul>
5	Sun salutation x3 without stopping, 30bpm		

## Body awareness marking scheme

### Grade 1: Cat-camels x5, 30bpm

Mark	Requirements
0	Incorrect movement or timing or not completed 5 times
4.0	Completed 5 times 4 warning on form/timing
5.0	Completed 5 times 3 warning on form/timing
6.0	Completed 5 times 2 warning on form/timing
7.0	Completed 5 times 1 warning on form/timing
8.0	Completed 5 times perfect form/timing

### Grade 2: Cat-camel, downward dog, plank x3, 30 bpm

Mark	Requirements
0	Incorrect movement or timing or not completed 3 times
4.0	Completed 3 times 4 warning on form/timing
5.0	Completed 3 times 3 warning on form/timing
6.0	Completed 3 times 2 warning on form/timing
7.0	Completed 3 times 1 warning on form/timing
8.0	Completed 3 times perfect form/timing

### Grade 3: Downward dog, plank, chaturanga, upward dog x3, 30 bpm

Mark	Requirements
0	Incorrect movement or timing or not completed 3 times
4.0	Completed 3 times 4 warning on form/timing
5.0	Completed 3 times 3 warning on form/timing
6.0	Completed 3 times 2 warning on form/timing
7.0	Completed 3 times 1 warning on form/timing
8.0	Completed 3 times perfect form/timing

## Body awareness marking scheme

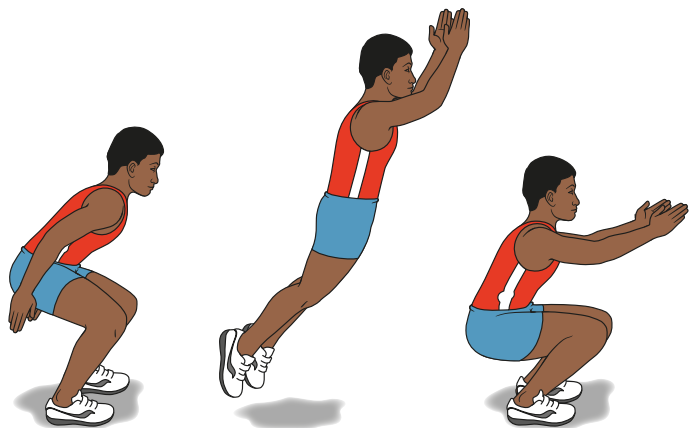
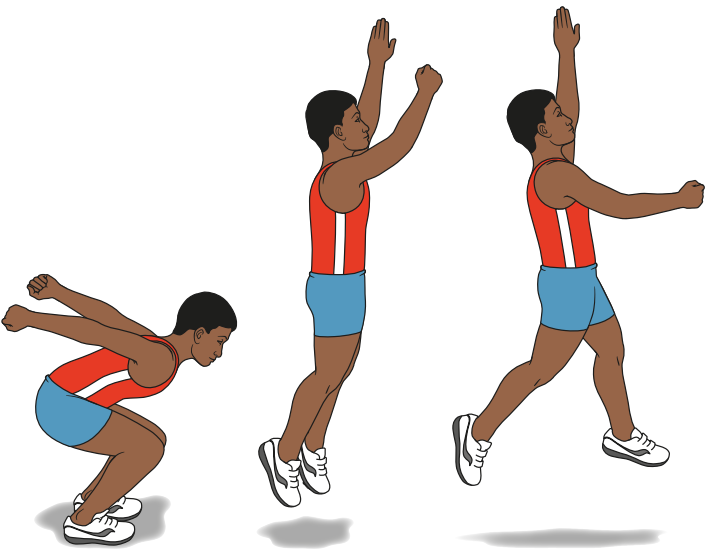
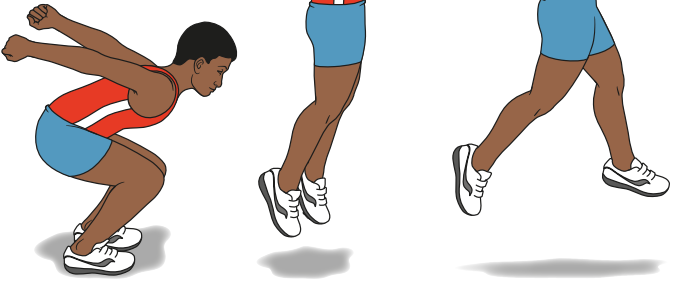
### Grade 4: Sun salutation 30 bpm

Mark	Requirements
0	Incorrect movement or timing or not completed fully
4.0	Completed – 4 warning on form/timing
5.0	Completed – 3 warning on form/timing
6.0	Completed – 2 warning on form/timing
7.0	Completed – 1 warning on form/timing
8.0	Completed 3 times perfect form/timing

### Grade 5: Sun salutation x3 without stopping 30 bpm

Mark	Requirements
0	Incorrect movement or timing or not completed 3 times
4.0	Completed 3 times 4 warning on form/timing
5.0	Completed 3 times 3 warning on form/timing
6.0	Completed 3 times 2 warning on form/timing
7.0	Completed 3 times 1 warning on form/timing
8.0	Completed 3 times perfect form/timing

## Explosive power

Grade	1	Long jump (average) 120cm+	<ul style="list-style-type: none"> <li>• From standing go into a squat.</li> <li>• Use arms to help propel you forward at the same time as jumping as far forward as possible.</li> <li>• Land on both feet.</li> <li>• Measure in centimetre from start line to back of heels.</li> <li>• Repeat a further time and find the average distance.</li> </ul>
	2	Long jump (average) 125cm+	
	3	Vertical jump (average) 20cm+	<ul style="list-style-type: none"> <li>• Stand next to wall, reach up and mark at finger tips.</li> <li>• Stand away from the wall, bend, jump use arms and legs to assist in projecting the body upwards.</li> <li>• Touch the wall at the highest point of jump.</li> <li>• Measure in centimetre between two marks.</li> <li>• Repeat a further time and find the average height.</li> </ul>
	4	Vertical jump (average) 25cm+	
	5	Vertical jump (average) 30cm+	

## Explosive power marking scheme

### Grade 1: Long jump (average) 120cm+

Mark	Requirements
0	< 90cm
4.0	90 – 99cm
5.0	100 – 109cm
6.0	110 – 119cm
7.0	120 – 129cm
8.0	130cm+

### Grade 2: Long jump (average) 125cm+

Mark	Requirements
0	< 95cm
4.0	95 – 104cm
5.0	105 – 114cm
6.0	115 – 124cm
7.0	125 – 134cm
8.0	135cm+

### Grade 3: Vertical jump (average) 20cm+

Mark	Requirements
0	< 8 cm
4.0	8 – 12cm
5.0	13 – 16cm
6.0	17 – 19cm
7.0	20 – 25cm
8.0	26cm+

## Explosive power marking scheme

### Grade 4: Vertical jump (average) 25cm+

Mark	Requirements
0	< 10cm
4.0	10 – 15cm
5.0	16 – 20cm
6.0	21 – 24cm
7.0	25 – 27cm
8.0	28cm+

### Grade 5: Vertical jump (average) 30cm+

Mark	Requirements
0	< 15cm
4.0	15 – 20cm
5.0	21 – 25cm
6.0	26 – 27cm
7.0	28 – 29cm
8.0	30cm+

# Online plans

An effective land programme is vital if you want your swimmers to perform to their best in the pool. England Talent Swimming have worked with British Swimming to produce a guide to pre-pool routines for swimmers aged approximately 12 to 16. These routines support the activity in the Land Grade Awards and show how to structure a land routine.

## All routines should be performed in the order:

1. Raise
2. Mobilise
3. Activate
4. Prime

For the prime and activate stages, once a swimmer is able to complete all exercises with good technique and control, they can move to the next level.

This resource can be found here:

[swimming.org/sport/land-warm-up-swimmers](https://swimming.org/sport/land-warm-up-swimmers)

## Purchase your awards

The Swim England Synchronised Swimming Land Grade Awards 1-5 are available to purchase from the Swim England shop:

[shop.swimming.org/awards/Club-Awards](https://shop.swimming.org/awards/Club-Awards)



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