

# The Awards

## Award 1

To achieve this Award the pupil must meet the following outcomes with or without aids, equipment or support:

1. Enter the water safely (steps, swivel)
2. Move forwards, backwards and sideways for a distance of five metres
3. Scoop the water and wash face, wash hair, be at ease with water showered from overhead
4. Blow bubbles a minimum of three times with nose and mouth submerged
5. Take part in a teacher led partner orientated game
6. Demonstrate an understanding of pool rules
7. Recognise and understand beach flags
8. Exit the water safely



## Award 2

To achieve this Award the pupil must meet the following outcomes with or without aids, equipment or support:

1. Enter the water safely (jump, steps, swivel)
2. Move into a stretched floating position using aids, equipment or support
3. Regain an upright position from floating on the front (aids may be used)
4. Regain an upright position from floating on the back (aids may be used)
5. Push and glide in a horizontal position to/from the pool wall
6. Travel on the back and front for five metres
7. Have an understanding of the water safety code
8. Exit the water safely



## Award 3

To achieve this Award the pupil must meet the following outcomes with or without aids, equipment or support:

1. Jump in from side and submerge (minimum depth 0.9 metres)
2. Fully submerge to pick up an object
3. Push from wall and glide on the front and back
4. Push and glide from the wall to the pool floor
5. Perform a rotation from the front to the back to gain an upright position
6. Perform a rotation from the back to the front to gain an upright position
7. Answer correctly three questions on the water safety code
8. Exit the water safely



## Award 4

To achieve this Award the pupil must meet the following outcomes without support:

1. Enter the water safely (jump, steps, swivel)
2. Perform a tuck float for five seconds
3. Perform a sequence of changing shapes (minimum of three) whilst floating at the surface
4. Push and glide on the front with arms extended and log roll onto the back
5. Push and glide on the back with arms extended and log roll onto the front
6. Travel on the front, tuck to rotate around the horizontal axis to return on the back
7. Travel 10 metres on the front and 10 metres on the back
8. Demonstrate an action for getting help (shallow/deep water)
9. Exit the water safely without the use of steps



## Disability and additional needs

The School Swimming Awards are completely adaptable to meet the needs of all pupils, regardless of their physical ability and/or any additional special needs. Where participants are physically unable to ever achieve an outcome listed, the Award should be granted based on the achievement of the remaining outcomes or a suitable adaptation to meet the needs of the individual.



Celebrate the success of your pupils in achieving each Award by presenting a certificate, badge and Passport sticker in assemblies

## Award 5

To achieve this Award the pupil must meet the following outcomes without support:

1. Enter the water safely (jump)
2. Kick 10 metres backstroke (one item of equipment optional)
3. Kick 10 metres front crawl (one item of equipment optional)
4. Kick 10 metres butterfly or breaststroke on the front or on the back (one item of equipment optional)
5. Travel on back and roll 360° in one continuous movement onto front
6. Travel on front and roll 360° in one continuous movement onto back
7. Swim 10 metres, choice of stroke is optional
8. Shout and signal rescue
9. Exit the water safely



## Award 6

To achieve this Award the pupil must meet the following outcomes without support:

1. Perform three different jumps into deep water to include a straddle jump
2. Perform a horizontal stationary scull on the back, head first sculling action for five metres and feet first sculling action whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds
5. Perform a handstand and hold for a minimum of three seconds
6. Perform a forward somersault, tucked in the water
7. Swim 10 metres in clothes
8. Exit deep water without the use of steps



## Self Rescue Award

To achieve this Award the pupil must meet the following outcomes without support:

1. Enter the water safely using a swivel or straddle jump
2. Tread water for 20 seconds
3. Float or scull waving one arm and shout for help
4. Swim 25 metres to a floating object
5. Take up the HELP position
6. Swim 10 metres retaining a floating object
7. Take up the Huddle position
8. Swim using a long arm front paddle (survival stroke) to the side
9. Climb out from water of a least full reach depth without using the steps
10. Discuss as a group when these skills might be used to self rescue in different water situations



## Aquatic Skills Award

To achieve this Award the pupil must meet the following outcomes without support:

1. Enter the water safely
2. Submerge to pick up an object from the bottom of the pool (full reach depth)
3. Swim 10 metres front crawl, breaststroke, backstroke (two out of three must be chosen)
4. Swim 25 metres, choice of stroke is optional
5. Participate in a game of mini polo
6. Perform a movement sequence of one minute in a group of three or more pupils incorporating a number of different skills i.e sculling, treading water, floating, rotations
7. Exit the water safely
8. Discuss in your group the tactics and skills used and evaluate them



## Identifying success

- Your swimming teachers and swimming support staff will need to be aware that your pupils are working towards achievement of these Awards
- Use the Charter Templates we provide for communication to swimming teachers
- Use the Guidance Cards which show each Award and the desired outcomes