

Swimming Progression and Award Requirements:

Aquatic Award 1 (Recommended Pool position : teaching pool / shallow end)

Pupils will be able to, with or without aids, equipment or support:

1. Enter the water from the poolside with a swivel turn entry.
2. Walk forwards and backwards for a distance of 5mtrs each with shoulders under the water.
3. Walk sideways to the right and left for a distance of 5mtrs each with shoulders under the water.
4. Put full face in the water and blow bubbles for at least 3 seconds.
5. Using aids, equipment or support move into a stretched floating position.
6. Demonstrate regaining an upright position from a floating position on the front (aids may be used).
7. Demonstrate regaining an upright position from a floating position on the back (aids may be used).
8. Either from the pool wall or towards the pool wall, push & glide in a flat position.
9. Take part in a teacher led partner orientated game.

Aquatic Award 2 (Recommended Pool position: teaching pool / shallow end)

Pupils will be able to, with or without aids, equipment or support

1. Jump safely into the water at the shallow end (min 0.9m) bending knees on landing.
2. With full face submerged, blow bubbles into the water at least 3 times (min 3 seconds each)
3. Demonstrate Regaining an upright position from a floating position on the front with out any aids.
4. Demonstrate Regaining an upright position from a floating position on the back with out any aids.
5. Hold on the side with 2 hands and push from wall & glide on back
6. Push from wall & glide on front with hands outstretched
7. Float on the back and roll onto the front and stand up
8. Float on the front and roll onto the back and stand up
9. Move forward on the front for 5 metres with feet of the bottom (aids or equipment may be used).
10. Move forward on the back for 5 metres with feet of the bottom (aids or equipment may be used).

Aquatic Award 3 (Recommended Pool position : shallow end)

Pupils will be able to, without support or aids:

1. Jump in safely from the side of the pool & submerge fully (min depth 0.9m).
2. Demonstrate a mushroom float on the front and a star float on the back for 4 seconds.
3. Show a 15 second sequence of (minimum of 3) floating shapes.
4. Push & glide on the back with arms fully extended & log roll onto the front – hold as long as possible
5. Push & glide on the front with arms fully extended & logroll onto the back – hold as long as possible
6. Pick up an object from the pool bottom (min depth 0.9m). The whole body must be under water,
7. Swim 10 metres on the back using arms and legs
8. Swim 10 metres on the front using arms and legs
9. Demonstrate an understanding of buoyancy

WATER SAFETY 1

1. Demonstrate an understanding of pool rules by using questions and answers.
2. Demonstrate good behaviour consistently at the swimming pool and demonstrate the ability to listen and respond to instructions.
3. Demonstrate an understanding of the **S.A.F.E** Code.
4. Be able to recognise and understand the meaning of beach flags.
5. Enter the water safely and move around the pool in different directions wearing clothes (pupils to explain how different it feels)
6. Walk through the rapids (the rest of the class creating the rapids) for 5 metres. Explain where you may find tides and currents.
7. Answer correctly a question on where it is **not** safe to swim and why.
8. State the correct actions they would take if they saw a swimmer in difficulty in water.

Aquatic Award 2 (Recommended Pool position: teaching pool / shallow end)

Pupils will be able to, with or without aids, equipment or support

1. Jump safely into the water at the shallow end (min 0.9m) bending knees on landing.
2. With full face submerged, blow bubbles into the water at least 3 times (min 3 seconds each)
3. Demonstrate Regaining an upright position from a floating position on the front with out any aids.
4. Demonstrate Regaining an upright position from a floating position on the back with out any aids.
5. Hold on the side with 2 hands and push from wall & glide on back
6. Push from wall & glide on front with hands outstretched
7. Float on the back and roll onto the front and stand up
8. Float on the front and roll onto the back and stand up
9. Move forward on the front for 5 metres with feet of the bottom (aids or equipment may be used).
10. Move forward on the back for 5 metres with feet of the bottom (aids or equipment may be used).

Aquatic Award 3 (Recommended Pool position : shallow end)

Pupils will be able to, without support or aids:

1. Jump in safely from the side of the pool & submerge fully (min depth 0.9m).
2. Demonstrate a mushroom float on the front and a star float on the back for 4 seconds.
3. Show a 15 second sequence of (minimum of 3) floating shapes.
4. Push & glide on the back with arms fully extended & log roll onto the front – hold as long as possible
5. Push & glide on the front with arms fully extended & logroll onto the back – hold as long as possible
6. Pick up an object from the pool bottom (min depth 0.9m). The whole body must be under water,
7. Swim 10 metres on the back using arms and legs
8. Swim 10 metres on the front using arms and legs
9. Demonstrate an understanding of buoyancy

Aquatic Award 4 (Recommended Pool position: shallow to middle)

Pupils will be able to:

1. Push & glide from the pool wall into a handstand.
2. Demonstrate Front crawl leg action for 10 metres.
3. Demonstrate Back crawl leg action for 10 metres.
4. Demonstrate a Butterfly leg action on the front, side or back for 5 meters (no floats).
5. Demonstrate Breaststroke leg action on the front or back for 10 meters.
6. Demonstrate Head first sculling for a minimum of 5 mtrs.
7. Swim 10 metres on the back roll over in a continuous movement onto the front. Regain feet.
8. Swim 10 metres on the front (front crawl or breaststroke), roll over in a continuous movement onto the back. Regain feet.
9. Sink down the wall and push away on your side & maintain a long stretched position until you reach the surface (streamlined).
10. Move forwards on the front for 5 metres, tuck to rotate around the horizontal axis to return on the back 5 metres

WATER SAFETY 1

1. Demonstrate an understanding of pool rules by using questions and answers.
2. Demonstrate good behaviour consistently at the swimming pool and demonstrate the ability to listen and respond to instructions.
3. Demonstrate an understanding of the **S.A.F.E** Code.
4. Be able to recognise and understand the meaning of beach flags.
5. Enter the water safely and move around the pool in different directions wearing clothes (pupils to explain how different it feels)
6. Walk through the rapids (the rest of the class creating the rapids) for 5 metres. Explain where you may find tides and currents.
7. Answer correctly a question on where it is **not** safe to swim and why.
8. State the correct actions they would take if they saw a swimmer in difficulty in water.

NATIONAL CURRICULUM AWARD

1. Swim competently, confidently and proficiently over a distance of at least 25 metres.
2. Swim 15 metres using a range of strokes on their front and back ensuring change of strokes is fluent.
3. Tread water in water just out of pupils depth for 20 seconds and then float on back
4. State the correct actions they would take if they saw a swimmer in difficulty in water – reach rescue, throw rescue, phone 999. (Never go in)
5. Have knowledge on the dangers of water locally and nationally, including cold water
6. Have the knowledge of how to save themselves if fell in by accident – Treading Water, floating on their back, H.E.L.P and HUDDLE position

Aquatic Award 5 (Recommended Pool position : middle)

Pupils will be able to, without aids:

1. Show a horizontal stationary scull on the back for 5 seconds and then scull feet first for 5 metres.
2. With a partner, plan and then demonstrate a sculling sequence for 30-45 seconds to include a rotation and movement in more than one direction.
3. Tread water for 30 seconds out of depth, head to be above the water at all times.
4. Show either a straddle entry, pencil entry or star entry into deep water.
5. Swim 10 metres Back crawl with both arms and legs
6. Swim 10 metres Front crawl with both arms and legs and the face in the water.
7. Swim 10 meters Breaststroke breathing every stroke.
8. Swim 5 metres Butterfly
9. Swim 5 metres on the front and demonstrate a forward somersault, tucked, in the water

Aquatic Award 6 (Recommended Pool position : deep)

Pupils will be able to:

1. Plan and demonstrate a warm up activity for the swimming lesson. Explain the importance of preparing for exercise.
2. Sink down the pool wall, push off on the side, glide, kick & rotate into Back crawl. Repeat but rotate into front crawl
3. Swim Front crawl to include a regular breathing pattern.
4. Swim Breaststroke to include a breathe every stroke.
5. Swim Butterfly to include at least 4 regular breaths
6. Swim 25 metres any stroke in a smooth and relaxed manner.
7. Perform 2 surface dives, one head first and one feet first
8. Exit the water without using steps

Aquatic Award 7 (Recommended Pool position : deep)

Pupils will be able to:

1. Swim 25metres Front crawl in a smooth continuous action and a regular breathing pattern
2. Swim 25metres Back crawl in a smooth continuous action and a regular breathing pattern.
3. Swim 25metres Breaststroke with correct coordination and breathing every stroke.
4. Swim 10metres Butterfly.
5. In a small group devise a routine to last one minute showing a variety of skills and strokes. The routine must include sculling skills, rotation skills and floating skills.
6. Perform a minimum of a sitting dive in deep water.
7. 50 metre continuous swim using one stroke only.
8. 100 metre continuous swim using at least 3 different strokes.
9. 30 seconds treading water using an egg beater action.
10. Complete an obstacle course which involves swimming through two items and picking up 2 items from the bottom of the pool.

WATER SAFETY 2

Pupils will be able to:

1. Answer 3 questions on the S.A.F.E Code.
2. Demonstrate a reaching rescue to a person in difficulty 2-3 metres away.
3. Demonstrate a throwing rescue to a person in difficulty 8 – 10 metres away.
4. Explain the reasons for using different types of Rescue and why you would not enter the water when performing any rescue.
5. Swim through the rapids (the rest of the class creating the rapids) for 10 metres. Explain where you may find tides and currents
6. Enter the water safely, swim 20 metres with cloths on (t-shirt and shorts / skirt), tread water for 1 minute with head above the water.
7. Demonstrate the H.E.L.P (Heat Escape Lessening Position) position for 3 - 5 minutes. Explain when and why you would use this.
8. Demonstrate the HUDDLE position. Take a turn waving to attract attention. Show an understanding of the importance of this. Climb out.