

Derbyshire County Council: Triple A Awards (Alternative Aquatic Achievement)

This Award scheme has been designed for pupils who would have difficulty working towards the Aquatic Awards 1 - 7. Certificates are available from the Schools S4S Site. The outcomes achieved should be written or typed on the reverse of the certificate.

There are 3 Triple A Awards (Alternative Aquatic Achievement):

Triple A Award 1, the pupil must complete 10 outcomes.

Triple A Award 2, the pupil must complete an additional 10 outcomes = 20 in total (these can be either different or progressive - same outcome but with less assistance/ use of aids)

Triple A Award 3, the pupil must complete another additional 10 outcomes = 30 in total (these can be either different or progressive - same outcome but with no assistance/ use of aids)

Name: _____ School: _____ Pool: _____

Behaviour and attitude during transport, in changing rooms, and during lesson Specific Outcome	Completed with lots of guidance from teacher	Completed with little guidance from teacher	Completed without any guidance from teacher
Walk to the pool and follow instructions given by teacher to ensure safety			
Behave in an acceptable manner during transport to or from the pool			
Change into swim costumes quickly and quietly			
Ensure all clothes are neatly placed in the right area			
Enter on to the poolside safely			
Shows a positive attitude to set tasks			
Will communicate own ideas and opinions into the lesson activities			
Understanding of pool rules and water safety Specific Outcome	Completed with lots of guidance from teacher	Completed with little guidance from teacher	Completed without any guidance from teacher
State 3 rules of the pool			
Identify the shallow water and deep water areas			
Show an understanding of the role of the lifeguard			
Explain what their actions might be should an alarm sound			
Aquatic skill – Entry in to the water Specific outcome	Completed with lots of guidance from teacher	Completed with little guidance from teacher	Completed without any guidance from teacher

Make an assisted Entry into the pool using a hoist			
Sitting entry into the water assisted by a support teacher *1			
Safely climb down the steps			
Unassisted sit and slide in using the twist method			
Assisted feet first jump to an assistant in the water with arms down by side *2			
Feet first jump into the water with arms by the side unassisted *2			

*1 = When sitting on the edge the swimmer rests their hands on the shoulders of the support teacher and leaning forwards enters the water

*2 = Water must be a minimum of chest depth and swimmer must show an understanding of bending the knees as feet touch floor

Aquatic skill – Exit out of the water Specific Outcome	Completed with lots of guidance from teacher	Completed with little guidance from teacher	Completed without any guidance from teacher
Make and assisted exit out of the pool using a hoist			
Exit the water by climbing the steps			
Exit the water by climbing out in the shallow water without using the steps (this may be assisted by the support teacher)			
Exit the water by climbing out in the deep water without using the steps			
Aquatic Skill - Aquatic Breathing Specific Outcome	Completed with physical support and aids	Completed with only aids	Completed without aids or physical support
Swimmer can make splashes big enough to make water connect with the face			
Swimmer can confidently expect splashing water on the face from a second party *3			
With confidence expect water being poured from above *4			
Rest chin on the water and blow an object for 5m whilst upright in the water			
Submerge lips and blow bubbles for a minimum of 3 seconds			
Submerge lips and nose to blow for 3 seconds			
Calmly put whole face into the water and blow bubbles for 3 seconds			
Calmly put whole face into the water and blow bubbles for 3 seconds repeat without pause x 2			
Calmly put whole face into the water and blow bubbles for 3 seconds repeat without pause x 3			
Travel 5m using arms and legs putting face in blowing for a minimum 3 times (feet must remain off the floor throughout)			

*3 = Splashes from a support teacher or other swimmer

*4 = Watering can or cupped hands

Aquatic skill – Balance and Buoyancy Specific outcome	Completed with physical support and aids	Completed with only aids	Completed without aids or physical support
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Move into a sitting position feet off the floor and knees bent hold for 5 seconds and regain feet			
Move into a sitting position feet off the floor and legs stretched, hold for 5 seconds and regain feet			
Lie flat on the back for 5 seconds			
Lie flat on the front for 3 seconds face in the water			
Tuck into a curled position face out of the water hold for 5 seconds			
Tuck into a curled position face in the water hold for 5 seconds			
Pencil float for 5 seconds on the back with arms by sides and legs together			
Pencil float for 3 seconds on the front face in the water with arms by sides and legs together			
Pencil float on the back with arms extended above the head 5 seconds			
Pencil float on the front with arms extended above the head 3 seconds			
Move from 1 floating shape to another whilst floating on the back (each float held for min 3 seconds)			
Move from 1 floating shape to another whilst floating on the front (each float held for min 3 seconds)			
Show 3 different floating shapes moving from one to the other without feet touching floor on the front (each float held for min 3 seconds)			
Show 3 different floating shapes moving from one to the other without feet touching floor on the back (each float held for min 3 seconds)			
Aquatic skill – Rotation & Orientation	Completed with physical support and aids	Completed with only aids	Completed without aids or physical support
Specific Outcome			
Whilst moving across the pool with feet on the floor change direction i.e. turn body around to return to original starting point			
Whilst moving across the pool with feet on the floor change direction i.e. from forwards to backwards, or left to right			
Whilst travelling across the pool change direction to return to original starting point feet off the floor throughout			
Whilst floating on the front roll onto the back and hold for 3 seconds			
Whilst floating on the back roll onto the front face out the water and hold for 3 seconds			
Whilst floating on the back roll onto the front face in the water and hold for 3 seconds			
Whilst floating on the front with face in the water tuck into a ball and roll on the horizontal axis onto the back and hold for 3 seconds			
Whilst floating on the front roll around the longitudinal axis onto the back			
Whilst floating on the back roll around the longitudinal axis onto the front			
Using arms and legs to travel with feet off the floor on the back, tuck into a ball and roll on the horizontal axis onto the back and hold for 3 seconds			
Using arms and legs to travel with feet off the floor on the front, tuck into a ball and roll on the horizontal axis onto the front and hold for 3 seconds			
Aquatic skill – Travel & Coordination	Completed with physical support and aids	Completed with only aids	Completed without aids or physical support
Specific Outcome			

Walk forwards a minimum distance of 5 metres			
Walk backwards a minimum distance of 5 metres			
Side step a minimum distance of 5 metres both left and right			
Jump a minimum of 5 times across the pool			
Travel on the front for a minimum 5 metres face out of the water			
Travel on the back for a minimum 5 metres on the back			
Travel 5m on the back using arms and legs (arms may remain in the water)			
Travel using a reach and pull action for 5 metres feet off the floor (face maybe out of the water)			
Travel using a reach and pull action for 10 metres feet off the floor (face maybe out of the water)			
Travel using a reach and pull action for 15 metres feet off the floor (face maybe out of the water)			
Travel using a reach and pull action for 20metres feet off the floor (face maybe out of the water)			
Aquatic skill – Streamlining	Completed with physical support and aids	Completed with only aids	Completed without aids or physical support
Specific Outcome			
Push & glide in towards the wall on the front (face out of the water)			
Push & glide away from the wall on the front (face out of the water)			
Push & glide away from the wall on the front (face in the water)			
Push & glide away from the wall on the front and blow bubbles (face in the water)			
Push & glide away from the wall face in the water under a noodle arched over the water			
Push & glide away from the wall face in the water through a hoop held vertical in the water			
Push and glide through a hoop under the water			
Aquatic skill – Sculling & Treading water	Completed with physical support and aids	Completed with only aids	Completed without aids or physical support
Specific Outcome			
Walk across the pool demonstrating a sculling hand action			
Travel across the pool for 3m using a head first sculling action (feet of the floor throughout)			
Travel across the pool for 3m using a feet first sculling action (feet of the floor throughout)			
Demonstrate a stationary scull for 5 seconds			
Show a leg action for treading water for 10 seconds *5			
Show the arm action for treading water for 10 seconds *5			
Using both an arm and leg action tread water for 10 seconds *5			
Using both an arm and leg action tread water for 20 seconds *5			
Using both an arm and leg action tread water for 30 seconds *5			

*5 Walk across the pool demonstrating a sculling hand action

Triple A Award 1 achieved (Date)_____Triple A Award 2 achieved (Date)_____Triple A Award 3 achieved (Date) _____