

Award steps

Forsbrook Primary 2017

As all pupils swim every year during their time at primary school, below is a rough starting guide as to what awards the children will be doing during their time at primary school. Please note this is a guide as to what they should be achieving in each year group and is spaced out so that the children receive at least 1 badge a year (some years they may do 2 depending on development).

Reception

Dolphin award

Whale award

Year 1

Level 1

10m

Year 2

Level 2

Year 3

25m

Key Stage 2

Year 4

Level 3

Year 5

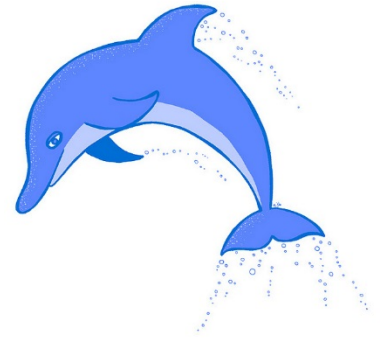
Level 4

Year 6

Water safety award

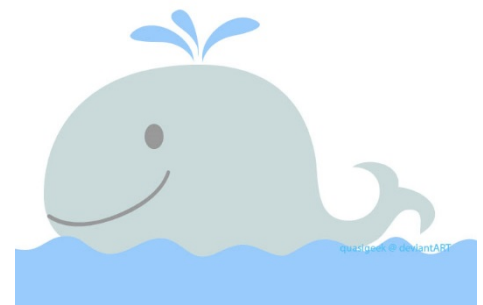
Level 5 (stronger swimmer award)

Dolphin award – to be done in armbands and ring



- Able to side step to the other side of the pool – pupils can hold onto the wall if needed
- Able to blow bubbles rhythmically 4 times
- Confident to stand in water and turn 360 degrees
- Able to travel for 5m in water using arms and legs without assistance
- Able to enter and leave the water by sliding in and climbing out using the steps
- Able to dip face in the water
- Able to lie back and get hair wet
- Able to lie on the front and blow bubbles

Whale Award – to be done in either armbands or 3 discs



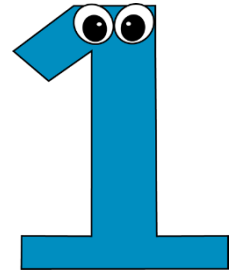
- Able to slide in and climb out of the pool unsupported
- Able to lie on the front and stand up confidently
- Perform a star float on the front, blowing bubbles in the water
- Confidently jump up and down in the water to the other side
- Kick with a float on the front, pick up an object and return back to the side
- Able to lie on the back and stand up confidently
- Perform a star float on the back
- Able to travel for 5m on the front
- Able to travel for 5m on the back

Key Stage 2

This award must be assessed by school swimming teaching and pupils should be able to perform all aspects in a confident and stress free manner.

- 1 a) safely jump into water and tread water for 1 minute
- 1 b) hold a resting floating position for 10 seconds. Swim to the side and climb out without using the steps
- 2 a) enter deep water and swim 25 metres on front crawl
- 2 b) enter deep water and swim 25 metres on back crawl
- 3) perform a mushroom float for 5-10 seconds
- 4) show an understanding on identified water safety issues
- 5) be able to recognise and evaluate 4 aspects of a recognised stroke

Level 1 – to be done in 2 discs



- Understand what the whistles and alarms at the pool mean
- Enter and leave the water in a number of different ways eg: slide in, use the steps, jump in
- Walk 5-10 metres without holding onto the side of the pool
- Confidently jump up and down in the water
- Lie on the front, legs straight and stand up confidently (with or without face in the water)
- Lie on the back, legs straight and stand up confidently
- With 1 or 2 floats, kick on the front for 5-10 metres (legs should be together and toes splashing)
- With 1 or 2 floats, kick on the back for 5-10 metres (legs should be together, toes splashing, eyes looking up)
- Swim 5 metres on the front in 2 discs
- Swim 5 metres on the back in 2 discs
- Perform a star float on the back (eyes and tummy up)
- Perform a star float on the front (face in)
- Perform a push and glide on the front (face in)
- Perform a push and glide on the back
- Swim 10 metres on front in 1 disc
- Swim 10 metres on the back in 1 disc

Level 2 – no aids/armbands



- Remember the pool safety rules
- Enter and leave the water without using the steps
- Perform a star float on the back
- Perform a star float on the front (face in)
- Perform a mushroom float
- Push and glide on the front

Starting from hands and feet on the wall, push off wall. Make sure hands are together and arms are stretched out in front of the head (arms straight). Stretch and glide and hold until movement stops.

- Push and glide on the back

Hands and feet on the wall, head back in the water. Push off the wall and stretch and glide until movement stops. Arms can be by the side or above the head
- Hold the HELP position for 10 seconds
- Recover a submerged object
- Swim 5 metres on the back, roll over and swim 5 metres on the front

Arms must be recovering over the water on the back and front. Breathing must be seen on the front but doesn't have to be perfect. No contact is to be made with the floor
- Swim 5 metres on the front, roll over and swim 5 metres on the back
- Kick 10 metres on the front with a float

Can be done with 1 or 2 floats, chins on the water and toes splashing. Make sure legs are together when kicking
- Kick 10 metres on the back with a float

Can be done with 1 or 2 floats on the tummy as long as the body is as horizontal as possible. Alternating up and down leg action with legs extended and a small splash from the feet. Knees must be under the water
- Kick 10 metres on the front with breaststroke legs

Can be done with 1 or 2 floats. Feet should be turned out on the kick and holding the glide at the end of the kick. Chins on the water.
- Swim 10 metres on the front

Legs should be an alternating leg action with a small splash from the feet. Arms must be recovering over the water with breathing.
- Swim 10 metres on the back

Horizontal body and an alternating leg kick. Arms must be recovering over the top of the water.

Level 3



- Understand hygiene at the pool

Pupils should understand why they should use the toilets, wear swimming hats and why it is not safe to wear jewellery when swimming
- Understand the water safety code
 - a) Spot the dangers, b) take safety advice, c) don't do it alone, d) learn how to help
- Jump into deep water and tread water for 2 mins
- Pick up a named object off the pool floor (not at the very deep end)
- Float making 4 different shapes one after the other
- Scull head first for 5 metres and return to the side feet first for 5 metres
- Swim through a submerged hoop
- Holding a float, kicking the legs on the front with correct breathing

Make sure pupils are breathing to the side with ear in the water. Pupils should not be lifting the head up out of the water.
- Swim 10 metres front crawl

Strokes should be to ASA standards. Face in breathing to the side. Breaths should be taken every 2 or 3 strokes (choose one). Arms recovering over the water make sure arms come over the water with the elbow bent.
- Swim 10 metres back crawl

Strokes should be to ASA standards. Legs should be extended, knees under the water and a small splash from the toes. Arms should be straight and alternating.
- Swim 10m breaststroke

Strokes should be to ASA standards. Pull, breathe, kick, glide applies. Body should be horizontal on the water.
- From deep water, swim 25 metres front crawl, back crawl or breastroke

Level 4



- Enter the water and swim 25 metres
- Tread water for 2 mins
- Perform a throwing rescue
- Hold the HELP position for 1 minute
- Swim 25 metres with a buoyancy aid
- Climb out of the pool safely
- Do 1-6 in clothes (shorts, trousers or leggings and t shirt or blouse)
- Explain how you would make an emergency 999 call
- Understand the effects of cold water on the body
- Give 3 examples of water dangers in and around the home
- Perform a head first surface dive and pick up object off the pool floor
- Perform a feet first surface dive and pick up object off the pool floor
- Swim 10 metres front crawl, forward roll and carry on swimming on front crawl
- Enter deep water and swim 25 metres breaststroke
- Enter deep water and swim 25 metres front crawl
- Enter deep water and swim 25 metres back crawl

Level 5- stronger swimmer award



- Tread water for 3 minutes
 - Scull head first for 10 metres and return feet first
 - Swim 10 metres front crawl, head first surface dive and pick up object and return to the side
 - Swim 10 metres front crawl, feet first surface dive and pick up object and return to the side.
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- Dive in and swim 100 metres in 3 minutes or less
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- Swim 200 metres using 2 strokes

Change of stroke can occur at completion of a length of the pool.
100m to be swam on one stroke and 100m on another stroke.