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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Pupil Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Enter the water safely | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Submerge to pick up an object from the bottom of the pool (full reach depth)   All outcomes must be achieved to pass the Award, without aids or support | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim 10 metres front crawl, breaststroke, backstroke (two out of three must be chosen) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim 25 metres, choice of stroke is optional | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Participate in a game of mini polo | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. 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 | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Exit the water safely | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Discuss in your group the tactics and skills used and evaluate them | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Date passed: | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Award given: | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



School Swimming Aquatic Skills Award

School: Term: Teacher:

Where participants are physically unable to ever achieve an outcome, the Award should be granted based

on the achievement of the remaining outcomes or suitable adaptation to meet the needs of the individual