School: Term: Teacher:

School Swimming Award 1

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| green-star.png  All outcomes must be achieved to pass the award, with or without aids, equipment or support | Pupil Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Enter the water safely (steps, swivel) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Move forwards, backwards and sideways for a distance of five metres | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Scoop the water and wash face, wash hair, be at ease with water showered from overhead | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Blow bubbles a minimum of three times with nose and mouth submerged | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Take part in a teacher led partner orientated game | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Demonstrate an understanding of pool rules | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Recognise and understand beach flags | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Exit the water safely | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Date passed: | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Award given: | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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