School Swimming Award 4

School: Term: Teacher:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| orange-star.png  All outcomes must be achieved to pass the Award, without aids, equipment or support | Pupil Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Enter the water safely(minimum depth 0.9 metres) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform a tuck float for five seconds | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform a sequence of changing shapes (minimum of three) whilst floating at the surface | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Push and glide on the front with arms extended and log roll onto the back | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Push and glide on the back with arms extended and log roll onto the front | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Travel on the front, tuck to rotate around the horizontal axis to return on the back | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Travel 10 metres on the front and 10 metres on back | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Demonstrate an action for getting help (shallow/deep water) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Exit the water safely without the use of steps | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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