School Swimming Award 5

School: Term: Teacher:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| light-blue-star.png  All outcomes must be achieved to pass the Award, without aids or support | Pupil Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Enter the water safely (jump) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Kick 10 metres backstroke, (one item of equipment optional) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Kick 10 metres front crawl (one item of equipment optional) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Kick 10 metres butterfly or breaststroke on the front or on the back (one item of equipment optional) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Travel on back and roll 360° in one continuous movement onto front | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Travel on front and roll 360° in one continuous movement onto back | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim 10 metres, choice of stroke is optional | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Shout and signal rescue | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Exit deep water | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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