School Swimming Award 6

School: Term: Teacher:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| yellow-star.png  All outcomes must be achieved to pass the Award, without aids, equipment or support | Pupil Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform three different jumps into deep water to include a straddle | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform a horizontal stationary scull on the back, head first sculling action for five metres and feet first sculling action whilst horizontal on the back | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Tread water for 30 seconds | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform a handstand and hold for a minimum of three seconds | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Perform a forward somersault, tucked in the water | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Swim 10 metres in clothes | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Exit deep water 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