**School swimming at <*insert name of school*>**

**Parent Update : <*insert date*>**

**We’re looking forward to School Swimming Awards 1, 2, 3 and 4**

Your child will be attending school swimming lessons soon, which follow the ASA School Swimming Awards.

We take school swimming seriously and hope that you will join us in encouraging your child to take part. Together we can ensure it is an enjoyable, memorable and valuable learning experience which will result in them gaining an essential life skill.

There are eight levels in total and each has a badge, certificate and sticker. Please be aware that children all progress at different levels so do not worry if your child seems to be taking longer than others in their class to achieve individual Awards.

Your child will have the opportunity to work through the following progressive Awards to begin with:

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| **Award 1** | **Award 2** |
| To achieve these Awards your child must meet the following outcomes with or without aids, equipment or support: | |
| 1. Enter the water safely (steps, swivel) 2. Move forwards, backwards and sideways for a distance of five metres 3. Scoop the water and wash face, wash hair, be at ease with water showered from overhead 4. Blow bubbles a minimum of three times with nose and mouth submerged 5. Take part in a teacher led partner orientated game 6. Demonstrate an understanding of pool rules 7. Recognise and understand beach flags 8. Exit the water safely | 1. Enter the water safely (jump, steps, swivel) 2. Move into a stretched floating position using aids, equipment or support 3. Regain an upright position from floating on the front (aids may be used) 4. Regain an upright position from floating on the back (aids may be used) 5. Push and glide in a horizontal position to/from the pool wall 6. Travel on the back and front for five metres 7. Have an understanding of the water safety code 8. Exit the water safely |

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| **Award 3** | **Award 4** |
| To achieve these Awards your child must meet the following outcomes with or without aids, equipment or support: | |
| 1. Jump in from side and submerge (minimum depth 0.9 metres) 2. Fully submerge to pick up an object 3. Push from wall and glide on the front and back 4. Push and glide from the wall to the pool floor 5. Perform a rotation from the front to the back to gain an upright position 6. Perform a rotation from the back to the front to gain an upright position 7. Answer correctly three questions on the water safety code 8. Exit the water safely | 1. Enter the water safely (jump, steps, swivel) 2. Perform a tuck float for five seconds 3. Perform a sequence of changing shapes (minimum of three) whilst floating at the surface 4. Push and glide on the front with arms extended and log roll onto the back 5. Push and glide on the back with arms extended and log roll onto the front 6. Travel on the front, tuck to rotate around the horizontal axis to return on the back 7. Travel 10 metres on the front and 10 metres on the back 8. Demonstrate an action for getting help (shallow/deep water) 9. Exit the water safely without the use of steps |

There are four further Awards which I will update you on next term.

*<Insert information about whether your school will be charging parents for badges>*

**Your child’s School Swimming Passport**

This is an important document that charts your child’s progress and is a permanent record of their school swimming participation and attainment level. Please help your child to keep it safe as it will be passed on if your child changes school and when they move onto secondary school.

**Further information**

I will be in touch again soon, in the meantime if you have any concerns or queries, please see me at school for a chat, email me at <*insert address*> or call me during school hours on <*insert contact telephone number*>.

<*Insert name*>

**School Swimming Champion**