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

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

**We’re looking forward to School Swimming Awards 5, 6, Self Rescue and Aquatic Skills**

Your child will be attending the next block of 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 Awards to complete their school swimming achievements:

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| **Award 5** | **Award 6** |
| To achieve these Awards your child must meet the following outcomes without support: | |
| 1. Enter the water safely (jump) 2. Kick 10 metres backstroke (one item of equipment optional) 3. Kick 10 metres front crawl (one item of equipment optional) 4. Kick 10 metres butterfly or breaststroke on the front or on the back (one item of equipment optional) 5. Travel on back and roll 360 o in one continuous movement onto front. 6. Travel on front and roll 360o in one continuous movement onto back 7. Swim 10 metres, choice of stroke is optional 8. Shout and signal rescue 9. Exit the water safely | 1. Perform three different jumps into deep water to include a straddle jump 2. 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 3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation 4. Tread water for 30 seconds 5. Perform a handstand and hold for a minimum of three seconds 6. Perform a forward somersault, tucked in the water 7. Swim 10 metres in clothes 8. Exit deep water without the use of steps |

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| **Self Rescue Award** | **Aquatic Skills Award** |
| To achieve these Awards your child must meet the following outcomes without support: | |
| 1. Enter the water safely using a swivel or straddle jump 2. Tread water for 20 seconds 3. Float or scull waving one arm and shout for help 4. Swim 25 metres to a floating object 5. Take up the HELP position 6. Swim 10 metres retaining a floating object 7. Take up the Huddle position 8. Swim using a long arm front paddle (survival stroke) to the side 9. Climb out from water of a least full reach depth without using the steps   10.Discuss as a group when these skills  might be used to self rescue in different  water situations | 1. Enter the water safely 2. Submerge to pick up an object from the bottom of the pool (full reach depth) 3. Swim 10 metres front crawl, breaststroke, backstroke (two out of three must be chosen) 4. Swim 25 metres, choice of stroke is optional 5. Participate in a game of mini polo 6. Perform a movement sequence of one minute in a group of three or more pupils incorporating a number of different skills i.e. sculling, treading water, floating, rotations 7. Exit the water safely 8. Discuss in your group the tactics and skills used and evaluate them |

There are four initial Awards which I updated you on last term. If you would like this information provided to you again please just let me know.

*<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**