**Working towards School Swimming Awards 1 & 2**

In your school swimming sessions you will be learning different skills. Try your very best and you can be awarded for all your hard work and efforts in the pool with the School Swimming Award 1, and then move on to Award 2.

There are eight Awards all together and each has a special badge, certificate and sticker for you to put in your School Swimming Passport.

Don’t worry if you seem to be taking longer than others in your class to achieve the Awards, just keep trying your best and ask the teacher or the School Swimming Champion if you need help.

To achieve these Awards you must be able to do all the things on these lists.

Try to do these without using floats or other equipment if you can, but they can be used if you need to.

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| **Award 1** | **Award 2** |
| 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 |

