**Working towards School Swimming Awards 3 & 4**

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 2, and then move on to Award 4.

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 3** | **Award 4** |
| 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
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