**Working towards School Swimming Awards 5 & 6**

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 5, and then move on to Award 6.

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 without using floats or other equipment.

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| **Award 5** | **Award 6** |
| 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 |

