**Working towards Self Rescue & Aquatic Skills Awards**

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 Self Rescue Award and the Aquatic Skills Award.

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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| **Self Rescue Award** | **Aquatic Skills Award** |
| 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
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