



TIME

Sign if consistently performed.

01672SE 08/11

Aquatic Skills Register Outcomes - Swimming Challenge Silver

By completing this Award, participants will be able to complete:

Section A

1. Plunge dive into water of at least full reach depth.*
2. Swim 100 metres in less than three minutes using any stroke. A change of stroke may only occur at the completion of a length of the pool.
3. Tread water for two minutes with one hand behind the back.
4. Swim 10 metres, followed immediately by two surface dives into water of full reach depth*, one head first and one feet first, bringing an object to the surface on each occasion.
5. Scull head first on the back for 10 metres and return by sculling 10 metres feet first. A horizontal position must be maintained throughout.

Section B

6. Swim 800 metres: 400 metres on the front and 400 metres on the back. A change of stroke may only occur every 50 metres.
7. Climb out at the deep end without assistance.

*Full reach depth is the distance from feet to finger tips of hands reaching above the head.

Aquatic Skills Register Outcomes - Stage 9 Swimming

By the end of Stage 9 participants will be able to:

1. Complete a set lasting 800 metres (either 16 x 50 metres; 8 x 100 metres; 4 x 200 metres) on a specific turnaround time as agreed by the teacher/ coach (e.g. 1.30 min for 50 metres) with a focus on stroke technique and consistency.
2. Swim 800 metres continuously using one stroke.
3. Swim a continuous 100 metres Individual Medley (4 x 25 metres) using recognised turns with a focus on stroke technique and consistency.
4. Perform a 15 metre underwater kick on front, from a push and glide in a streamlined position.
5. Perform a backstroke start then butterfly kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall), transfer into stroke and complete the remainder of the 25 metres.*
6. Perform a front crawl start, underwater kick in a streamlined position up to a maximum of 15 metres from the start point (wall), transfer into stroke and complete the remainder of the 25 metres.*
7. Perform a butterfly start, kick in a streamlined position up to a maximum of 15 metres from the start point (wall), transfer into stroke and complete the remainder of the 25 metres.*
8. Perform a breaststroke start, perform a one and a half pull under water, transfer into stroke and complete the remainder of the 25 metres N.B. All starts to be done by a 'take your marks, go' by the teacher / coach. The 'go' can be by whistle or shout.*

*Delivery of the Starts outcomes will depend on the pool design and facilities available.



Notes:

Complementary Awards

R D 600m - Rainbow Distance 600m

R D 800m - Rainbow Distance 800m

View the full criteria for all Swim England Awards at:
swimming.org/swimengland/swim-england-learn-swim-awards-overview-swimming-teachers/