



## Stage 10 Swimming

TERM

DATE \_\_\_\_\_

TIME

TEACHER:

✓ If achieved, but not consistently.

*Sign* if consistently performed.

[illegible]

## Aquatic Skills Register Outcomes

### - Swimming Challenge Gold

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

#### Section A

1. Plunge dive into water of at least full reach depth\* and swim 100 metres in two minutes 30 seconds or less, using two different strokes, 50 metres of each.
2. Tread water for three minutes with one hand remaining above the head throughout. The arm raised may be changed no more than five times.
3. Scull head first on the back for 10 metres, move into a tucked position and turn through 360 degrees keeping the head above water. Return to the starting point by sculling feet first with the feet at or near the surface throughout and the hands close to the hips.
4. Swim 10 metres, perform a forward somersault without touching the pool bottom and continue to swim in the same direction for a further 10 metres.

#### Section B

5. Swim 800 metres using three of the following strokes: front crawl, backstroke, breaststroke, butterfly, English backstroke or sidestroke for a minimum distance of 200 metres per stroke. A change of stroke may only occur every 100 metres. This swim to be completed in 25 minutes.
6. 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 10 Swimming

By the end of Stage 10 participants will be able to:

1. Complete a set lasting 1,600 metres (either 16 x 100 metres, 8 x 200 metres, 4 x 400 metres) on a specific turnaround time agreed by the teacher/coach (e.g. 2.30 min for 100 metres); focus on stroke technique and consistency.
2. Swim 1500 metres continuously using one stroke.
3. Perform a continuous 100 metres Individual Medley kick (4 x 25 metres) without using a kick board.
4. Swim a continuous 200 metres Individual Medley (4 x 50 metres) using recognised turns.
5. Perform a front crawl relay take over - as an incoming swimmer.
6. Perform a front crawl relay take over - as an outgoing swimmer.



Notes:

#### Complementary Awards

**R D 1000m** - Rainbow Distance 1000m

**R D 1500m** - Rainbow Distance 1500m

**R D 1 mile** - Rainbow Distance 1 mile

**S C Gold** - Swimming Challenge Gold

**S C Honors** - Swimming Challenge Honours

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