



✓ If achieved, but not consistently.

Sign if consistently performed.

01672SE03/2

Aquatic Skills Register Outcomes - Swimming Challenge Bronze

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

Section A

1. Jump into water of at least full reach depth.*
2. Swim 10 metres, followed by a surface dive into water of at least full reach depth* and underwater swim for a distance of 5 metres.
3. Tread water in a vertical position for three minutes.
4. Scull head-first on the back for 15 metres with the feet at, or near, the surface throughout.

Section B

5. Swim 400 metres using two strokes. (Changes of stroke can only occur at the completion of a length of the pool. A minimum of 100 metres is to be swum with each stroke.)
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 8 Swimming

By the end of Stage 8 participants will be able to:

1. Complete a set lasting 400 metres (e.g. 16 x 25 metres, 8 x 50 metres, 4 x 100metres) on a specific turnaround time agreed by the teacher/coach (e.g. 1.00min for each 25 metres) with a focus on stroke consistency.
2. Swim 400 metres continuously using one stroke.
3. Push and streamline then kick 25 metres backstroke with/without using a board.
4. Push and streamline then kick 25 metres breaststroke with/without using a board.
5. Push and streamline then kick 25 metres butterfly without using a board.
6. Push and streamline then kick 25 metres front crawl with/without using a board.
7. Perform a backstroke turn from 10 metres in to 15 metres out.
8. Perform a breaststroke turn from 10 metres in to 15 metres out.
9. Perform a butterfly turn from 10 metres in to 15 metres out.
10. Perform a front crawl turn from 10 metres in to 15 metres out.
11. Perform a dive track or grab start, and kick butterfly underwater in a streamlined position for 5m with the focus on progressing it to 10m.*

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



Notes:

Complementary Awards

R D 200m - Rainbow Distance 200m

R D 400m - Rainbow Distance 400m

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