Working towards School Swimming and Water Safety Awards 1 and 2

In your school swimming lessons you’ll 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 and Water Safety Award 1, and then move on to Award 2.

There are eight Awards in total and each has a certificate and sticker for you to put in your School Swimming Passport. If you complete all eight Awards, you can receive a special Star Achiever pin badge.

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:

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| **Award 1** | **Award 2** |
| 1. Enter the water safely.
2. Move forwards, backwards and sideways for a distance of 5 metres, feet may be on or off the floor.
3. Scoop the water and wash face, be comfortable with water showered from overhead.
4. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
5. Take part in a movement game.
6. Give examples of two pool rules.
7. Recognise and identify the purpose of beach flags.
8. Exit the water safely.
 | 1. Enter the water safely.
2. Move from a horizontal floating position on the front and return to standing.
3. Move from a horizontal floating position on the back and return to standing.
4. Push and glide on the front in a horizontal position, to or from the pool wall.
5. Push and glide on the back in a horizontal position from the pool wall.
6. Travel on the back for 5 metres.
7. Travel on the front for 5 metres.
8. Float on the back.
9. Know how to signal for help.
10. Exit the water safely.
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<Insert name of Champion> is the School Swimming Champion.

Talk to me about anything you want to know about school swimming and water safety.