Working towards School Swimming and Water Safety Awards 5 and 6

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 5, and then move on to Award 6.

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 5** | **Award 6** |
| 1. Jump into the water, submerge, surface and swim back to the point of entry (at least full reach depth).
2. Perform a horizontal stationary scull on the back.
3. Kick 10 metres backstroke.
4. Kick 10 metres front crawl.
5. Kick 10 metres butterfly or breaststroke on the front or on the back.
6. Travel on back and log roll 180 degrees in one continuous movement onto front.
7. Travel on front and log roll 180 degrees in one continuous movement onto back.
8. Swim 10 metres, choice of stroke is optional.
9. Give two examples of where it is safe to swim and why.
10. Exit the water safely.
 | 1. Perform three different shaped jumps into deep water (to include a straddle jump).
2. Perform a head first scull for 5 metres.
3. Two out of the following three must be completed:
	1. Swim 10 metres front crawl.
	2. Swim 10 metres backstroke.
	3. Swim 10 metres breaststroke.
4. Tread water for 30 seconds.
5. Perform a handstand or forward somersault, tucked in the water.
6. Swim 25 metres (choice of stroke optional).
7. Swim 10 metres wearing clothes - as a minimum t-shirt and shorts.
8. Exit deep water without the use of steps.
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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.