

# 14. Assessment

**First Lesson Assessment Sheet**

Name	NON SWIMMER	WATER CONFIDENT	5m RECOGNISED STROKE	10m RECOGNISED STROKE	25M FC, BC OR BS	AIDS REQUIRED	GROUP	MEDICAL CONDITIONS/COMMENTS



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First Lesson Assessment Sheet								
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# 14. Assessment

Final Assessment Sheet		STARTING LEVEL	5m RECOGNISED STROKE	10m RECOGNISED STROKE	15m RECOGNISED STROKE	25m RECOGNISED STROKE	NATIONAL CURRICULUM OUTCOMES	AWARD GAINED	ADDITIONAL COMMENTS
<b>Name</b>									

# 14. Assessment

<b>Final Assessment Sheet</b>	<b>Name</b>	STARTING LEVEL	5m RECOGNISED STROKE	10m RECOGNISED STROKE	15m RECOGNISED STROKE	25m RECOGNISED STROKE	NATIONAL CURRICULUM OUTCOMES	AWARD GAINED	ADDITIONAL COMMENTS

# 14. Assessment Tick sheets




**STA School Swimming Academy  
AWARD 1**

Teacher \_\_\_\_\_


Date/Time \_\_\_\_\_

Class reference \_\_\_\_\_ to \_\_\_\_\_

Course runs from \_\_\_\_\_ to \_\_\_\_\_



**SCHOOL SWIMMING ACADEMY**  
WATER SAFETY & SURVIVAL FOR LIFE



**sta**

**LEARNING OUTCOMES**

**Demonstrate the ability to:**

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel hopping or holding side
3. Move 3 metres in the water by holding side
4. Jump up and down in the water, holding the side if required
5. Using aids perform an alternating leg action across the pool
6. Blow bubbles in the water
7. Float with support and return to a standing position
8. Exit pool safely and unassisted

Pupils	Notes																	

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# 14. Assessment Tick sheets

## STA School Swimming Academy

## AWARD 2



Teacher

Class reference

Date/time

Course runs from

to

### LEARNING OUTCOMES



Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Scoop water with hands and wash face
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on front and back
6. Using aids perform a heading water action with legs
7. Using a woggle, rotate from a back float to a front float and return to a back float
8. Swim 2 metres front paddle and back paddle unaided



Pupils

Notes


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# 14. Assessment Tick sheets

## STA School Swimming Academy AWARD 3

Teacher \_\_\_\_\_  
Date/time \_\_\_\_\_ to \_\_\_\_\_  
Class reference \_\_\_\_\_  
Course runs from \_\_\_\_\_ to \_\_\_\_\_

### LEARNING OUTCOMES

1. Swim 5 metres on front, roll and swim 5 metres on back without aids  
2. Perform 10 metres of kicking legs on front with aids whilst blowing bubbles  
3. Attempt breaststroke legs on back with aids  
4. Whilst standing attempt front crawl arms  
5. Whilst standing attempt front crawl arms  
6. Perform a star float on front or back and hold for 5 seconds  
7. Jump in with assistance if required  
8. Perform a reach rescue

Pupils

Notes

Pupils	Notes

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# 14. Assessment Tick sheets

## STA School Swimming Academy AWARD 5



Teacher \_\_\_\_\_

Date/time \_\_\_\_\_

Class reference \_\_\_\_\_

Course runs from \_\_\_\_\_ to \_\_\_\_\_

### LEARNING OUTCOMES



Demonstrate the ability to:

1. Swim 15 metres front crawl

2. Swim 15 metres back crawl

3. Swim 10 metres breaststroke

4. Scull head first or feet first for 5 metres

5. Attempt butterfly arms

6. Perform a head or feet first surface dive

7. Swim 25 metres of learners choice (must be a recognised stroke and without aids)

8. Jump in, tread water for 20 seconds, swim 5 metres, turn round and swim back to point of entry and climb out



Pupils

Notes


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# 14. Assessment Tick sheets

## STA School Swimming Academy AWARD 6



Teacher \_\_\_\_\_  
 Date/time \_\_\_\_\_ to \_\_\_\_\_  
 Class reference \_\_\_\_\_  
 Course runs from \_\_\_\_\_ to \_\_\_\_\_

**LEARNING OUTCOMES**

*Demonstrate the ability to:*

1. Swim 25 metres front crawl
2. Swim 25 metres back crawl
3. Swim 15 metres breaststroke
4. Perform a forward or backwards somersault
5. Jump in, tread water for 45 seconds, swim back to point of entry and exit
6. Swim 5 metres butterfly
7. Perform the HELP position
8. Perform a straddle entry into the pool

Pupils	Notes										

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# 14. Assessment Tick sheets

## STA School Swimming Academy AWARD 7



Teacher \_\_\_\_\_  
Date/time \_\_\_\_\_ to \_\_\_\_\_

Class reference \_\_\_\_\_  
Course runs from \_\_\_\_\_ to \_\_\_\_\_

### LEARNING OUTCOMES



Demonstrate the ability to:

- 1. Swim 50 metres front crawl
- 2. Swim 50 metres back crawl
- 3. Swim 25 metres breaststroke
- 4. Swim 75 metres continuously
- 5. Tread water for 1 minute
- 6. Swim 10 metres buoily
- 7. Perform a throwing rescue
- 8. Swim 25 metres in shorts and t-shirt

Pupils

Notes

Pupils								Notes							

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# 14. Assessment Tick sheets

## STA School Swimming Academy AWARD 8



Teacher

Date/time

Class reference

Course runs from to

### LEARNING OUTCOMES



Demonstrate the ability to:

- 1. Scull head first and feet first 10 metres
- 2. Enter the water with a straddle entry, swim 25 metres in shorts and kilt, head over water for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing
- 3. Perform the huddle position
- 4. Throw a rope 5 metres to a conscious casualty
- 5. Swim on individual medley incorporating the transition procedure at the end of each stroke
- 6. Perform an accompanied rescue
- 7. Swim 25 metres Old English backstroke
- 8. Swim 5 metres of a recognised front stroke, perform a fecht surface dive, kick, and swim 5 metres underwater



Pupils

Notes


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