



School Swimming AWARD 1

Certificate Awarded to

Examiner & Date

D. Cande

CEO



School Swimming Award 1

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

Congratulations!

There are 8 awards in the series, you can now progress to Award 2.



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School Swimming Award 1

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

Congratulations!

There are 8 awards in the series, you can now progress to Award 2.



School Swimming AWARD 2

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School Swimming Award 2

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 treading 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

Congratulations!

There are 8 awards in the series, you can now progress to Award 3.



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School Swimming Award 2

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 treading 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

Congratulations!

There are 8 awards in the series, you can now progress to Award 3.



School Swimming AWARD 3

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School Swimming Award 3

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 back 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

Congratulations!

There are 8 awards in the series, you can now progress to Award 4.



School Swimming AWARD 3

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School Swimming Award 3

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 back 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

Congratulations!

There are 8 awards in the series, you can now progress to Award 4.



School Swimming AWARD 4

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School Swimming Award 4

1. Jump in, swim 5 metres on front and turn onto back, swim back to point of entry (no aids)
2. Swim 10 metres front crawl attempting side breathing
3. Swim 10 metres back crawl
4. Tread water for 10 seconds
5. Submerge and collect a toy from the pool floor
6. Swim 5 metres breaststroke (aids may be used)
7. Perform dolphin leg action
8. Perform a mushroom float for 3 seconds

Congratulations!

There are 8 awards in the series, you can now progress to Award 5.



School Swimming AWARD 4

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School Swimming Award 4

1. Jump in, swim 5 metres on front and turn onto back, swim back to point of entry (no aids)
2. Swim 10 metres front crawl attempting side breathing
3. Swim 10 metres back crawl
4. Tread water for 10 seconds
5. Submerge and collect a toy from the pool floor
6. Swim 5 metres breaststroke (aids may be used)
7. Perform dolphin leg action
8. Perform a mushroom float for 3 seconds

Congratulations!

There are 8 awards in the series, you can now progress to Award 5.





School Swimming AWARD 5

5



Certificate Awarded to

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School Swimming Award 5

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 around and swim back to point of entry and climb out

Congratulations!

There are 8 awards in the series, you can now progress to Award 6.



School Swimming AWARD 5

5



Certificate Awarded to

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School Swimming Award 5

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 around and swim back to point of entry and climb out

Congratulations!

There are 8 awards in the series, you can now progress to Award 6.



School Swimming AWARD 6

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School Swimming Award 6

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

Congratulations!

There are 8 awards in the series, you can now progress to Award 7.



School Swimming AWARD 6

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School Swimming Award 6

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

Congratulations!

There are 8 awards in the series, you can now progress to Award 7.



School Swimming AWARD 7

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School Swimming Award 7

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 butterfly
7. Perform a throwing rescue
8. Swim 25 metres in shorts and t-shirt

Congratulations!

There are 8 awards in the series, you can now progress to Award 8.



School Swimming AWARD 7

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School Swimming Award 7

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 butterfly
7. Perform a throwing rescue
8. Swim 25 metres in shorts and t-shirt

Congratulations!

There are 8 awards in the series, you can now progress to Award 8.



School Swimming AWARD 8

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School Swimming Award 8

1. Scull head first and feet first 10 metres
2. Enter the water with a straddle entry, swim 25 metres in shorts and t-shirt, tread 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 an 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 feet-first surface dive, tuck, and swim 5 metres underwater

Congratulations!
You have completed all of the School Swimming Awards.



School Swimming AWARD 8

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School Swimming Award 8

1. Scull head first and feet first 10 metres
2. Enter the water with a straddle entry, swim 25 metres in shorts and t-shirt, tread 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 an 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 feet-first surface dive, tuck, and swim 5 metres underwater

Congratulations!
You have completed all of the School Swimming Awards.

