

AWARD LEVEL 1

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

Enter the water confidently and unaided using a swivel entry.
Put face in water and blow bubbles for 5 seconds.
Bob up and down to fully submerge the head - repeat 6 times continuously.
Move freely around the pool using a combination of hop, skip, jump etc.
Open eyes under the water and identify an object selected by the teacher.

Stroke Development

Travel 5 metres using an alternating kicking action with a float(s)
Travel 5 metres using a simultaneous kicking action with a float(s)
Standing with arms in the water stretched in front of the shoulders, show an underwater alternating arm action
Standing with arms in the water stretched in front of the shoulders, show an underwater simultaneous arm
Achieve a horizontal position on the back with a float(s).

AWARD LEVEL 2

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

Push off wall or floor to show a horizontal position on the front with face in the water with/without aids.
Push off wall or floor to show a horizontal position on the back with/without aids.
Remaining in a vertical position throughout rotate through 360⁰ with feet off the pool floor with/without aids.
Show a motionless floating position and hold for 5 seconds with/without aids.
Climb out of the pool without the use of steps *
*In pools where the distance between the water surface and the side of the pool makes climbing out very correct use of the steps may be used at the criterion

Stroke Development

Kick 5 metres using an alternating action without aids on the front
Kick 5 metres using an alternating action without aids on the back
Kick 5 metres using a simultaneous kicking action without aids. (Simultaneous kicking action refers to a Dolphin type action)
Using arms and legs travel 5 metres on the front without aids.
Using arms and legs travel 5 metres on the back without aids.

AWARD LEVEL 3

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

Jump into the water (minimum depth 0.9 metres) from the side with confidence and without support.
Submerge to kneel on pool floor.
Submerge completely for 5 seconds.
Lie flat on the front at the surface of the water without support for 5 seconds and regain the standing position.
Stand with arms in the water stretched in front of the shoulders, demonstrate a figure 8 sculling - repeat 6 consecutively.

Stroke Development

Stand with face in the water - (breathe to side - breathe to front) - repeat 6 times consecutively.
Kick 5 metres on front using a Breaststroke type kick, with feet turned out without a float.
Kick 5 metres on back, using an alternating action with legs long and toes pointed, hands held still at side.
Using arms and legs travel 10 metres on the front.
Stand with shoulders at the water surface, hands in front, demonstrate a circular Front crawl arm action.

AWARD LEVEL 4

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

Lie flat on the back at the surface of the water without support for 5 seconds and regain the standing position.
With eyes open pick up an object from the pool floor without hesitation and using both hands (min depth 0.9
From a horizontal stretched position, face in the water, arms overhead in line with the body, turn through the side without touching the bottom, then climb out (in pools where the distance between the water surface side of the pool make climbing out difficult correct use of steps may be used as the criterion)
From the wall, push off with two feet and hold the streamlined glide on the front for 5 seconds.
Hold a tucked floating position for 10 seconds.

Stroke Development

Kick 5 metres, on front or back, using a dolphin undulating action with pointed toes.
Kick 5 metres, on front, using an alternating action with legs long and toes pointed without use of hands.
Stand with shoulders under the water, hands in front and demonstrate a small circular Breaststroke action.
Using arms and legs travel 10 metres on back.
Standing upright demonstrate a circular Back Crawl arm action.

AWARD LEVEL 5

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Skill Development

3 Different jumps entering feet first and showing control in flight and on landing (min depth 0.9 metres)
A mushroom float for 10 seconds
On the back and using two feet push from the wall into a streamlined position, arms overhead in line with the minimum of 5 seconds
In water of at least shoulder depth, tread water for 10 seconds.
Scull head first, on the back, for a distance of 5 metres.
From a horizontal, flat stretched position (face in the water) rotate through 360° and regain the standing

Stroke Development

Kick 10 metres using a Front Crawl leg action, without a float and with hands still.
Kick 10 metres using a Breaststroke leg action, with or without a float.
Kick 10 metres using a Back Crawl leg action, without a float with arms extended overhead, hands together.
Travel 5 metres on the front using legs and arms, roll, and continue for 5 metres on the back using legs and

AWARD LEVEL 6

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Skill Development

Feet first surface dive to show complete submersion
Head first surface dive, in water of at least full stretch height depth to show complete submersion. (In pools water depth is less than full stretch height of the individual the following can be completed instead. From

the surface submerge to touch the bottom of the pool with both hands)

Star float on the back for 5 seconds

Submerge, move under water to an object positioned 5 metres away, pick up, surface and return to start on carrying the object

Tread water, using hands and feet, for a minimum of 15 seconds, to include 2 x 360° turns in the vertical each direction.

Start with a push and glide swim underwater, through a hoop, covering a distance of 5 metres.

Stroke Development

Swim 10 metres full stroke Front Crawl, showing basic technique with regular breathing.

Swim 10 metres full stroke Back Crawl, showing basic technique with regular breathing.

Swim 10 metres full stroke Breaststroke showing basic technique with regular breathing.

Using a dolphin action, without a float, kick 10 metres on the front.

All stroke development skills for Level 6 to be completed from a push and glide with appropriate trans unless otherwise stated.

AWARD LEVEL 7

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

A straddle jump entry into water of at least full reach height.

From a head first surface dive swim underwater for a distance of 5 metres and pick up an object using both the object to the side and then climb out unaided. (min depth full stretch height)

Starting with a push and glide demonstrate a forward somersault.

Scull head first, on the back, for 5 metres; rotate to front; somersault, scull 5 metres feet first on the back.

Stroke Development

Kick 20 metres using an efficient Front Crawl leg action, holding a float.

Kick 20 metres using an efficient Breaststroke leg action, holding a float.

Kick 20 metres using an efficient Back Crawl leg action, arms extended.

Swim 25 metres full stroke Breaststroke showing basic technique.

Swim 25 metres full stroke Front Crawl showing basic technique.

Swim 25 metres full stroke Back Crawl showing basic technique.

AWARD LEVEL 8

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

Jump with tuck entry into water of at least full reach height depth.

Tread water for 30 secs, with head above surface throughout, showing two different methods of kicking and arm out of the water for 10 secs.

Back somersault starting with a horizontal position.

Handstand in shoulder depth water for 5 seconds.

Stroke Development

Kick 20 metres, using butterfly kick, without a float and without using hands, 5 metres underwater and 15 surface

Swim 10 metres full stroke Butterfly showing Basic technique.

Swim 50 metres continuously, smoothly, on own choice of stroke(s) showing basic technique throughout and

Demonstrate a hand touch turn for Front Crawl covering a distance of 5 metres before and after the turn.
Swim 25 metres on either Front Crawl or Back Crawl showing efficient technique.
Swim 25 metres on either Breaststroke or Butterfly showing efficient technique.

AWARD LEVEL 9

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

Two different jumps with body straight on entry into water of at least full reach depth, gaining height and different position in flight selected from straight,tuck,pike,star turning.
A sequence combining: push off on back and glide head first, scull for 5 metres, back somersault, feet first metres, rotate 360⁰ in a vertical tucked position.
From a feet first surface dive swim underwater to retrieve a diving brick from the bottom of the pool. reach height). Surface and carry the brick for a distance of 10 metres on the back and land it on the poolside.

Stroke Development

Swim continuously 50 metres on each of two strokes showing efficient technique throughout (10 - 20 second taken after 50 metres).
Swim 25 metres on each of the other two strokes showing efficient technique throughout (10 - 20 second rest after 25 metres).
A correct turn for Butterfly covering a distance of 5 metres before and after the turn.
A correct hand touch turn for Back Crawl covering a distance of 5 metres before and after the turn.
A correct hand touch turn for Breaststroke covering a distance of 5 metres before and after the turn.
Kick 50 metres on either Front or Back Crawl showing efficient technique. Use a float for Front Crawl and above for Back Crawl
Kick 25 metres on both Breaststroke and Butterfly. Use a float for Breaststroke and arms extended in front for (5 - 10 seconds rest to be taken after 25 metres).

AWARD LEVEL 10

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

A plunge dive into water of at least full reach height holding the streamlined position and covering a distance metres
Tread water (minimum depyh full reach height) and pass a ball accurately to a partner positioned 5 metres
Swim for 3 minutes continuously in a circuit, include the following; 1 feet first surface dive, 1 head first swim through a hoop (floating just below the surface), tread water for 15 seconds with one arm out of the throughout. Finish by climbing out of the deep end unaided.
Torpedo scull, on the back, feet first, hands overhead, for 10 metres with/without leg support

Stroke Development

Swim continuously for 150 metres on any stroke or combination of strokes showing efficient technique (covering a minimum of 25 metres continuously on any of the strokes used)
A Front Crawl tumble turn covering a minimum distance of 5 metres before and after the turn.
Complete each of the following covering 25 metres on each stroke showing an appropriate turn. (Butterfly - (Back Crawl - Breaststroke), (Breaststroke - Front Crawl)
Swim 4 x 1 widths of any stroke showing correct use of the pace clock for start time and rest periods.

AWARD LEVEL 11

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

3 pre swim loosening exercises.

Tread water for 1 minute, with one arm out of the water for 30 seconds signalling for help.

Swim Front Crawl, head up, and propel a ball for a distance of 15 metres, controlling it throughout. At the end of 15 metres tread water, pick up the ball with one hand and throw it to land in a floating hoop positioned 5 metres

On the Back, scull head first for 10 metres, back somersault and scull feet first for 10 metres. Show a star position for at least 5 seconds.

From a push and glide on the back perform a back circle with body stretched throughout.

Stroke Development

Swim continuously for 10 minutes using 2 different competitive strokes and changing every length between and simultaneous stroke. Efficient technique must be shown throughout.

From a push swim 4 x 50 metres on Front Crawl with 10 - 15 seconds rest between each 50 metres. Efficient and control of stroke and pace must be shown throughout.

From a push swim 50 metres on any stroke and use the pace clock to accurately time the swim (+/- 1

Kick for 3 mins continuously changing every length between an alternating and simultaneous kick without hands for propulsion

From a push, swim continuously for 100 metres on a stroke other than Front Crawl, maintaining efficient throughout.

AWARD LEVEL 12

*****INSERT DATE WHEN EACH SKILL/DEVELOPMENT ACHIEVED*****

Skill Development

A Front Crawl racing start, including the correct response to commands and the transition to the stroke.

A Back Crawl racing start including the transition to the stroke.

A Breaststroke racing start including the transition to the stroke.

Swim one length (min 20 metres) combining an alternating arm action with a simultaneous leg kick.

Swim one length (min 20 metres) combining a simultaneous arm action with an alternating leg kick.

Stroke Development

From a racing start demonstrate an Individual Medley covering 1 length on each stroke (minimum 20 metres stroke). Efficient technique to be shown throughout.

A Back Crawl tumble turn covering a minimum distance of 5 metres before and after the turn.

Swim 4 x 1 length on Front Crawl or Back Crawl accurately counting the number of single arm strokes for Rest 15 - 20 seconds between each length.

Swim 4 x 1 length on Butterfly or Breaststroke accurately counting the number of strokes for each length. between each length

Swim 100 metres on own choice of stroke showing a correct start, turn and finish and showing efficient throughout.

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