









The School Swimming Academy Programme surrounds a scheme of 8 progressive awards designed to build water confidence, water safety skills and stroke development for pupils in Key Stages 1 and 2.

The main aim is for every child to be safe and confident in the water and to demonstrate at least two recognised strokes, with the ability to swim 25m unassisted to a high standard. The detailed criteria for all award elements will need to be completed to achieve each level.

							
Learning Outcomes	Learning Outcomes	Learning Outcomes	Learning Outcomes	Learning Outcomes	Learning Outcomes	Learning Outcomes	Learning Outcomes
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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) 	<ol style="list-style-type: none"> 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) 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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

<p>return to a standing position</p> <p>8. Exit pool safely and unassisted</p>	<p>float to a front float and return to a back float</p> <p>8. Swim 2 metres front paddle and back paddle unaided</p>	<p>or back and hold for 5 seconds</p> <p>7. Jump in with assistance if required</p> <p>8. Perform a reach rescue</p>	<p>7. Perform dolphin leg action</p> <p>8. Perform a mushroom float for 3 seconds</p>	<p>8. Jump in, tread water for 20 seconds, swim 5 metres, turn around and swim back to point of entry and climb out</p>	<p>8. Perform a straddle entry into the pool</p>		<p>5. Swim an individual medley incorporating the transition procedure at the end of each stroke</p> <p>6. Perform an accompanied rescue</p> <p>7. Swim 25 metres Old English backstroke</p> <p>8. Swim 5 metres of a recognised front stroke, perform a feet-first surface dive, tuck, and swim 5 metres underwater</p>