

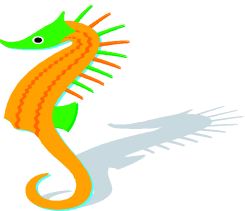
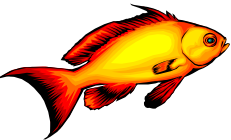
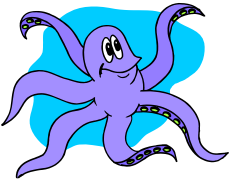
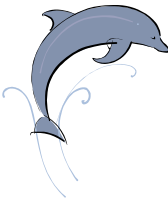
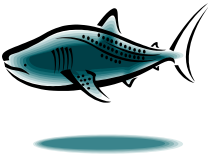



Swimming Awards at St Mary's

<p><u>Mermaid/Merman</u> <u>(level 1)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none">• Answer two safety questions• Enter the water on my own and safely• Move 3 metres confidently in the water when my feet are touching the ground• Explore different ways of moving around the pool• Blow bubbles in the water• Play with objects on the surface of the water• Exit the pool safely and unassisted
<p><u>Turtle (Level 2)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none">• Answer two water safety questions• Enter the pool safely• Swim 1 width of the pool (approx. 7m) on my front using a swimming aid and kicking my legs• Put my face in the water and blow objects across the pool• Push and glide across the water using a swimming aid• Use a woggle to move around the pool on my back for 2 metres
<p><u>Seahorse</u> <u>(Level 3)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none">• Swim 1 width of the pool (approx. 7m) unaided in shallow water using arms and legs to propel myself• Use one basic stroke to swim the distance with some control• Whilst standing, attempt front crawl arms• Whilst standing, attempt back crawl arms• Perform a star float on front• Explore how to move in and under the water.• Float on my back using a swimming aid for 5 seconds.
<p><u>Goldfish (Level 4)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none">• Swim 5m on front and turn onto back, swim back to point of entry (no aids)• Swim 2 widths of the pool (approx. 14m) on my front and also on my back using a recognised stroke without the use of swimming aids• Swim 10m back crawl• Attempt side breathing• Float on my back without the use of a swimming aid for 5 seconds• Swim 5m breaststroke (aids may be used)• Pick an object up from the bottom of the pool, submerging your head

<p><u>Octopus (Level 5)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Swim 15m front crawl • Swim 15m back crawl • Swim 10m breaststroke • Attempt butterfly arms • Scull head first or feet first for 5m • Show co-ordination in my movements. • Maintain continuous swimming for 30 seconds. • Join in with all pool-based games. • Jump in from sitting and tread water for 20 seconds, swim 5m, turn around and swim back to point of entry and climb out
<p><u>Dolphin (Level 6)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Swim 25m front crawl • Swim 25m back crawl • Swim 15m breaststroke • Perform a forward or backward somersault • Jump in, tread water for 45 seconds, swim back to point of entry and exit • Swim 5m butterfly • Perform the HELP position • Perform a straddle entry into the pool • Maintain continuous swimming for a minimum of 45 seconds. • Show fluid movements in front crawl and back stroke. • Understand how to breathe correctly when swimming.
<p><u>Shark (Level 7)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Swim 50m front crawl • Swim 50m back crawl • Swim 25m breaststroke • Swim 75m continuously • Swim between 3 and 4 lengths of the pool (approx 45-60m). • Swim 10m butterfly • Swim continuously for a minimum of 90 seconds. • Use 3 recognised swimming strokes accurately. • Control breathing when swimming. • Swim underwater confidently, swimming through a hoop and then picking up a brick. • Swim 25m in shorts and T shirt • Perform a throwing rescue
<p><u>Whale (Level 8)</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Scull head first and feet first 10m • Enter the pool with a straddle entry, swim 25m in shorts and t-shirt, tread water for 1 minute waving one arm, surface dive, swim 5m underwater, surface and remove clothing • Perform the Huddle Position

Whale (Level 8)



- Throw a rope 5m to a conscious casualty
- Swim further than 100m (approx. 8 lengths of the pool) in a variety of strokes
- Perform an accompanied rescue
- Demonstrate good swimming techniques to other children.
- Pace myself to meet challenges
- Swim fluently and confidently
- Use butterfly stroke 15m
- Breathe so that the pattern of my swimming is not interrupted
- Perform tumble turns to aid the swimming

Swordfish (Level 9)



- Swim 60m freestyle
- Swim 30m backstroke
- Swim 30m breaststroke
- Swim 30m butterfly
- Swim 60m Individual Medley
- Swim streamline underwater before breaking out in a stroke
- Swimmer must learn the correct underwater technique for each stroke
- Swimmer must be able to perform all core strokes technically correctly