

Swimming Awards at St Mary's

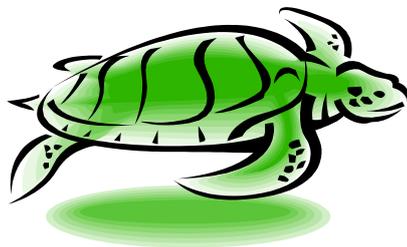
Mermaid



I can now:

- Enter the water on my own.
- Move confidently in the water when my feet are touching the ground.
- Explore different ways of moving around the pool.
- Play with objects on the surface of the water.
- Join in with water activities.

Turtle



I can now:

- 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.
- Glide across the water using a swimming aid.
- Use a woggle to move around the pool on my back.

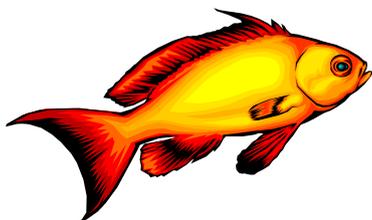
Seahorse



I can now:

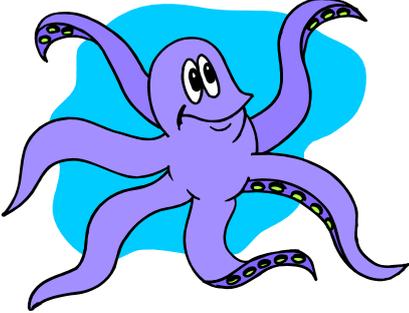
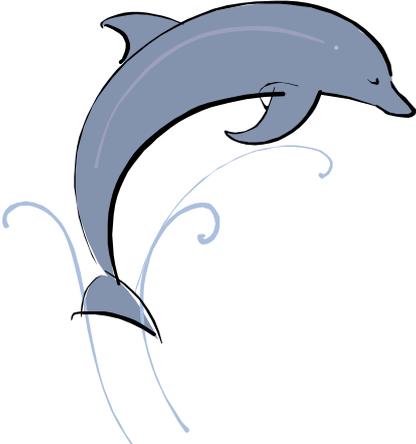
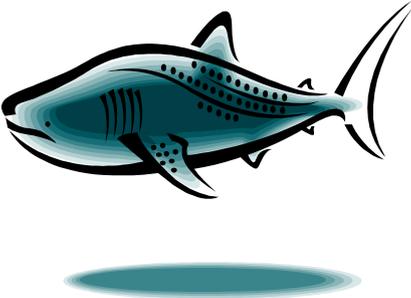
- Swim 1 width of the pool (approx 7m) unaided in shallow water using arms and legs to propel myself.
- Use one basic stroke to swim the distance with some control.
- Join in with all swimming activities.
- Explore how to move in and under the water.
- Float on my back using a swimming aid for 5 seconds.

Goldfish



I can now:

- 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.

	<ul style="list-style-type: none"> • Float on my back without the use of a swimming aid for 5 seconds. • Pick an object up from the bottom of the pool, submerging my head.
<p style="text-align: center;"><u>Octopus</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Swim 1 length of the pool (approx 15m) on my front and back using a recognised stroke. • Show co-ordination in my movements. • Maintain continuous swimming for 30 seconds. • Join in with all pool based games.
<p style="text-align: center;"><u>Dolphin</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Swim 2 lengths of the pool (approx 30m) on both my front and back. • 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 style="text-align: center;"><u>Shark</u></p> 	<p>I can now:</p> <ul style="list-style-type: none"> • Swim between 3 and 4 lengths of the pool (approx 45-60m). • 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.

Whale



I can now:

- Swim further than 100m (approx 8 lengths of the pool).
- Demonstrate good swimming techniques to other children.
- Pace myself to meet challenges.
- Swim fluently and confidently.
- Use butterfly stroke.
- Breathe so that the pattern of my swimming is not interrupted.