

The March Swimming Awards



Awards will also be given for distances and water confidence.

Colour	Overview	Skills
Yellow	<p>The children should learn to become comfortable in water and have basic safety awareness.</p> <p>These children have access to aids e.g. arm bands, floats and can have adult support</p>	<p>Safety</p> <ul style="list-style-type: none"> • I can enter the water safely • I have a good understanding of pool rules • I can exit the water safely <p>Water comfort</p> <ul style="list-style-type: none"> • I can wash water in my own face and am comfortable with water showered from overhead • I can take part in a teacher lead partner orientated game <p>Water Movement</p> <ul style="list-style-type: none"> • I can move all four directions in the water for a distance of 5m • I can move into a stretched floating position using aids, equipment or support if needed • I can stand after floating on my back with support • I can push & glide in a horizontal position to or from a wall

Colour	Overview	Skills
Green	<p>The children can safely enter the water.</p> <p>They can jump in, float on the water, move unaided in the pool and travel and rotate unaided.</p> <p>These children have access to aids, e.g. arm bands, floats etc.</p>	<p>Safety</p> <ul style="list-style-type: none"> • I can jump in from the poolside safely <p>Water comfort</p> <ul style="list-style-type: none"> • I can blow bubbles a minimum of 3 times with my nose and mouth submerged <p>Water Movement</p> <ul style="list-style-type: none"> • I can stand up after floating on my back • I can stand up after floating on my front • I can push from the wall and glide on my back • I can push from the wall & glide on the front • I can perform a rotation from the front to back to stand • I can perform a rotation from the back to the front to stand <p>Distance Swimming</p> <ul style="list-style-type: none"> • I can travel on my front for 5m using aids or equipment if needed • I can travel on my back for 5m, using aids or equipment if needed

Colour	Overview	Skills
Orange	<p>The children can safely enter the water and submerge.</p> <p>They can travel up to 10m on their front and back and improve rotation skills and water safety knowledge.</p>	<p>Water comfort</p> <ul style="list-style-type: none"> • I can fully submerge to pick up an object <p>Water Movement</p> <ul style="list-style-type: none"> • I can jump in from the poolside and submerge • I can sink and push away from the wall on side and maintain a streamlined position • I can push & glide on my front with arms extended and roll onto my back • I can push & glide on my back with arms extended and roll onto my front • I can travel on my front, tuck to rotate around the horizontal axis to return on my back <p>Distance Swimming</p> <ul style="list-style-type: none"> • I can travel 10m on my back • I can travel 10m on my front

Colour	Overview	Skills
Red	<p>The children improve understanding of buoyancy through a range of skills, improving their kicking technique for all strokes.</p> <p>They can swim 10m using a confident style.</p>	<p>Water Movement</p> <ul style="list-style-type: none"> • I can demonstrate an understanding of buoyancy • I can perform a tuck float for 5 seconds • I can perform a sequence of changing shapes (minimum 3) while floating on the surface • I can push & glide from the wall to the pool floor • I can perform on my back a head first sculling action for 5m in a horizontal position • I can travel on my back and roll in one continuous movement onto my front • I can travel on my front and roll in one continuous movement onto my back <p>Distance Swimming</p> <ul style="list-style-type: none"> • I can kick 10m Backstroke • I can kick 10m Frontcrawl • I can kick 10m Butterfly • I can kick 10m Breaststroke on my front • I can kick 10m Breaststroke on my back • I can swim 10m of my own choice in an appropriate style.

Colour	Overview	Skills
Blue	<p>The children develop confident swimming strokes through sculling and treading water skills.</p> <p>They can swim all four strokes - backstroke, frontcrawl, breast stroke and butterfly.</p>	<p>Safety</p> <ul style="list-style-type: none"> • I know how to demonstrate an action for getting help <p>Water Movement</p> <ul style="list-style-type: none"> • I can perform a horizontal stationary scull on my back • I can perform a feet first sculling action for 5m whilst horizontal on my back • I can perform a sculling sequence with a partner for 30-45 seconds to include a rotation • I can tread water for 30 seconds • I can perform 3 different shaped jumps into deep water • I can perform a handstand and hold for a minimum of 3 seconds <p>Distance Swimming</p> <ul style="list-style-type: none"> • I can swim 10m Backstroke • I can swim 10m Frontcrawl • I can swim 10m Breaststroke • I can swim 10m Butterfly

Colour	Overview	Skills
Bronze	<p>The children develop effective swimming skills. They can coordinate their breathing; developing the water safety aspects of exercise.</p>	<p>Safety</p> <ul style="list-style-type: none"> • I can perform a 'shout and signal' rescue • I can perform a surface dive • I can exit deep water without using steps <p>Water Movement</p> <ul style="list-style-type: none"> • I can demonstrate an understanding of preparation for exercise • I can sink, push off on side from the wall, glide, kick and rotate into backstroke • I can sink, push off on side from the wall, glide, kick and rotate into frontcrawl • I can swim frontcrawl to include at least six rhythmical breaths • I can swim breaststroke to include at least six rhythmical breaths • I can swim Butterfly to include at least three rhythmical breaths <p>Distance Swimming</p> <ul style="list-style-type: none"> • I can swim 25m, with a stroke of my choice • I can swim 10m with clothes on

Colour	Overview	Skills
Silver	<p>The children have quality stroke technique up to 100m, using skills learnt in other badges to combine in a routine.</p>	<p>Water Movement</p> <ul style="list-style-type: none"> • I can perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: Sculling -head first, feet first; rotation - forward/backward somersault, log roll; floating - star on the front/back, tuck float, create own: Eggbeater - moving, lifting one or both arms out of the water, link skills with strokes and sculls • I can perform a sitting dive • I can complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout <p>Distance swimming</p> <ul style="list-style-type: none"> • I can swim 25m Backstroke • I can swim 25m Frontcrawl • I can swim 25m Breaststroke • I can swim 25m Butterfly • I can swim 50m continuously using one stroke • I can swim 100m using a minimum of 3 different strokes

Colour	Overview	Skills
Gold	The children are using their quality stroke technique to swim increasing distances.	<p data-bbox="875 311 1021 359">Safety</p> <ul data-bbox="922 368 1720 411" style="list-style-type: none"> <li data-bbox="922 368 1720 411">• I can jump in the deep end wearing clothes <p data-bbox="875 475 1234 523">Water Movement</p> <ul data-bbox="922 533 1570 628" style="list-style-type: none"> <li data-bbox="922 533 1570 576">• I can tread water for two minutes <li data-bbox="922 584 1406 628">• I can dive through hoops <p data-bbox="875 692 1256 740">Distance swimming</p> <ul data-bbox="922 750 2101 948" style="list-style-type: none"> <li data-bbox="922 750 1928 793">• I can swim 200m using minimum of 2 different strokes <li data-bbox="922 801 2101 896">• I can swim 200m with 50m backstroke, frontcrawl, breaststroke and butterfly. <li data-bbox="922 904 1424 948">• I can swim 50m in clothes

Children's Assessment Grid



Colour	Skills	Children					
Yellow	Safety						
	I can enter the water safely						
	I have a good understanding of pool rules						
	I can exit the water safely						
	Water comfort						
	I can wash water in my own face and am comfortable with water showered from overhead						
	I can take part in a teacher lead partner orientated game						
	Water Movement						
	I can move all four directions in the water for a distance of 5m						
	I can move into a stretched floating position using aids, equipment or support if needed						
	I can stand after floating on my back with support						
	I can push & glide in a horizontal position to or from a wall						

Colour	Skills	Children					
Green	Safety						
	I can jump in from the poolside safely						
	Water comfort						
	I can blow bubbles a minimum of 3 times with my nose and mouth submerged						
	Water Movement						
	I can stand up after floating on my back						
	I can stand up after floating on my front						
	I can push from the wall and glide on my back						
	I can push from the wall & glide on the front						
	I can perform a rotation from the front to back to stand						
	I can perform a rotation from the back to the front to stand						
	Distance Swimming						
	I can travel on my front for 5m using aids or equipment if needed						
I can travel on my back for 5m, using aids or equipment if needed							

Colour	Skills	Children					
Orange	Water comfort						
	I can fully submerge to pick up an object						
	Water Movement						
	I can jump in from the poolside and submerge						
	I can sink and push away from the wall on side and maintain a streamlined position						
	I can push & glide on my front with arms extended and roll onto my back						
	I can push & glide on my back with arms extended and roll onto my front						
	I can travel on my front, tuck to rotate around the horizontal axis to return on my back						
	Distance Swimming						
	I can travel 10m on my back						
I can travel 10m on my front							

Colour	Skills	Children					
Red	Water Movement						
	I can demonstrate an understanding of buoyancy						
	I can perform a tuck float for 5 seconds						
	I can perform a sequence of changing shapes (minimum 3) while floating on the surface						
	I can push & glide from the wall to the pool floor						
	I can perform on my back a head first sculling action for 5m in a horizontal position						
	I can travel on my back and roll in one continuous movement onto my front						
	I can travel on my front and roll in one continuous movement onto my back						
	Distance Swimming						
	I can kick 10m Backstroke						
	I can kick 10m Frontcrawl						
	I can kick 10m Butterfly						
	I can kick 10m Breaststroke on my front						
	I can kick 10m Breaststroke on my back						

	I can swim 10m of my own choice in an appropriate style.						
Colour	Skills	Children					
Blue	Safety						
	I know how to demonstrate an action for getting help						
	Water Movement						
	I can perform a horizontal stationary scull on my back						
	I can perform a feet first sculling action for 5m whilst horizontal on my back						
	I can perform a sculling sequence with a partner for 30-45 seconds to include a rotation						
	I can tread water for 30 seconds						
	I can perform 3 different shaped jumps into deep water						
	I can perform a handstand and hold for a minimum of 3 seconds						
	Distance Swimming						
	I can swim 10m Backstroke						
	I can swim 10m Frontcrawl						
	I can swim 10m Breaststroke						
	I can swim 10m Butterfly						

Colour	Skills	Children					
Bronze	Safety						
	I can perform a 'shout and signal' rescue						
	I can perform a surface dive						
	I can exit deep water without using steps						
	Water Movement						
	I can demonstrate an understanding of preparation for exercise						
	I can sink, push off on side from the wall, glide, kick and rotate into backstroke						
	I can sink, push off on side from the wall, glide, kick and rotate into frontcrawl						
	I can swim frontcrawl to include at least six rhythmical breaths						
	I can swim breaststroke to include at least six rhythmical breaths						
	I can swim Butterfly to include at least three rhythmical breaths						
	Distance Swimming						
	I can swim 25m, with a stroke of my choice						
I can swim 10m with clothes on							

Colour	Skills	Children					
Silver	Water Movement						
	I can perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: Sculling -head first, feet first; rotation - forward/backward somersault, log roll; floating - star on the front/back, tuck float, create own: Eggbeater - moving, lifting one or both arms out of the water, link skills with strokes and sculls						
	I can perform a sitting dive						
	I can complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout						
	Distance swimming						
	I can swim 25m Backstroke						
	I can swim 25m Frontcrawl						
	I can swim 25m Breaststroke						
	I can swim 25m Butterfly						
	I can swim 50m continuously using one stroke						

	I can swim 100m using a minimum of 3 different strokes						
Colour	Skills	Children					
Gold	Safety						
	I can jump in the deep end wearing clothes						
	Water Movement						
	I can tread water for two minutes						
	I can dive through hoops						
	Distance swimming						
	I can swim 200m using minimum of 2 different strokes						
	I can swim 200m with 50m backstroke, frontcrawl, breaststroke and butterfly.						
I can swim 50m in clothes							