

## Baby Water Safety - Starfish Series

<b>Starfish 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Introduce:                             <ul style="list-style-type: none"> <li>○ Rules and regulations of pool.</li> <li>○ Hygiene.</li> <li>○ Water safety.</li> <li>○ Correct and safe entries and exits.</li> <li>○ Baby and adult to water.</li> <li>○ Holding baby correctly.</li> <li>○ Splashing.</li> <li>○ Getting face wet.</li> <li>○ Playing games.</li> <li>○ Importance of eye contact.</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Safe entry into the pool by both adult and baby.</li> <li>2. Use swing dips to introduce baby to the water.</li> <li>3. Support baby on the front and move freely around the pool.</li> <li>4. Support baby on the back and move freely around the pool.</li> <li>5. Cue baby and wash face with water.</li> <li>6. Exit pool safely.</li> </ol>

<b>Starfish 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Hygiene</li> <li>○ Rules and regulations.</li> <li>○ Water safety.</li> <li>○ Safe entries and exits.</li> </ul> </li> <li>➤ Introduce:                             <ul style="list-style-type: none"> <li>○ Submersion.</li> <li>○ Movement of the body.</li> <li>○ Holding on.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Splashing.</li> <li>○ Playing games.</li> <li>○ Freely moving around the pool with adult.</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Held baby facing you and submerged yourself in the water for baby to see.</li> <li>2. Enabled baby to move freely around the pool using the safety hold.</li> <li>3. Moved around the pool using the seat hold, bobbing baby up and down.</li> <li>4. Supported baby on the back while walking backwards and zigzagging through the water.</li> <li>5. Encouraged baby to wash their face with water or submerge baby in the water, holding baby towards you.</li> <li>6. Encouraged baby to hold onto the poolside, with assistance if necessary.</li> </ol>

<b>Starfish 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Safe entries and exits.</li> <li>○ Hygiene and water safety.</li> <li>○ Correct holds for baby.</li> </ul> </li> <li>➤ Introduce.                             <ul style="list-style-type: none"> <li>○ Entering the water.</li> <li>○ Rolling from front to back.</li> <li>○ Movement of arms under the water.</li> <li>○ Leg movements.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Co-ordination.</li> <li>○ Bonding with adult.</li> <li>○ Class integration and playing games.</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Supported baby under the arms and encouraged baby to gently flop into the water from a sitting position on the poolside.</li> <li>2. Encouraged baby to move from front to back positions using a flip-flop rhythmical movement.</li> <li>3. Encouraged baby to reach for a toy while moving around the pool, supporting baby on the front.</li> <li>4. Helped baby to move through the water using a kicking action, while supporting baby on the back.</li> <li>5. Supported baby using the safety hold and rolled baby away from you, then gently back towards you.</li> <li>6. Used a buoyancy aid to support yourself while floating in the water, with baby laying on your chest or sitting on your tummy making eye contact.</li> </ol>

<b>Starfish 4</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>Reinforce:                             <ul style="list-style-type: none"> <li>○ Safe entries and exits</li> <li>○ Hygiene and safety</li> <li>○ Skills learnt in previous awards</li> </ul> </li> <li>Introduce:                             <ul style="list-style-type: none"> <li>○ Free entry of baby into water</li> <li>○ Submersion of baby</li> <li>○ Climbing out</li> </ul> </li> <li>Develop:                             <ul style="list-style-type: none"> <li>○ Movement of arms and legs</li> <li>○ Co-ordination</li> <li>○ Social interaction</li> <li>○ Bonding with adult</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li>1. Supported baby by the arms or hands to encourage movement into the pool from a sitting position.</li> <li>2. Used a forward hold to encourage and gently submerge baby.</li> <li>3. Used the Little Harbour hold to move around the pool while encouraging movement from baby.</li> <li>4. Encouraged baby to roll from a front position to a back position with support.</li> <li>5. Encouraged movement from baby by swiftly walking backwards while supporting baby on the back.</li> <li>6. Assisted and encouraged baby to hold onto the poolside and climb out (if baby has the physical ability).</li> </ol>

<b>Starfish 5</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Safe entries and exits</li> <li>○ Hygiene and safety</li> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Jumping in</li> <li>○ Holding a buoyancy aid</li> <li>○ Back riding</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Co-ordination</li> <li>○ Social interaction</li> <li>○ Movement</li> </ul>	<ol style="list-style-type: none"> <li>1. Encouraged baby to jump into the water from a standing position on the poolside, while holding baby's arms or hands.</li> <li>2. Supported baby while encouraging them to roll from a back position to a front position.</li> <li>3. Encouraged baby to make kicking movements with support either in a Front Surf or a Woggle.</li> <li>4. Encouraged baby with cues to submerge in a Duckling Dive.</li> <li>5. Swam around the pool with baby holding onto your back.</li> <li>6. Cued baby to submerge vertically and rotate 180 degrees in the pool.</li> <li>7. Supported baby in a front hold to move forwards and grasp a toy, then enabling return with support in a back float position.</li> </ol>

<b>Starfish 6</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Safe entries and exits</li> <li>○ Hygiene and safety</li> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Vertical submersion</li> <li>○ Disengagement</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Rotations</li> <li>○ Co-ordination</li> <li>○ Submersion</li> <li>○ Movement</li> </ul>	<ol style="list-style-type: none"> <li>1. Encouraged baby to enter the water freely from a sitting position on the poolside.</li> <li>2. Encouraged baby to move freely through the water, either with minimal support or with the use of a buoyancy aid.</li> <li>3. Cued baby to submerge vertically and rotate 360 degrees in the pool.</li> <li>4. Supported baby by the hands and encouraged movement in a figure of eight or snaking pattern through the water.</li> <li>5. Taken baby for a front or back ride through the water, with or without support.</li> <li>6. Cued baby to submerge in a Duckling Dive towards the poolside and encouraged baby to hold onto the poolside and climb out (if baby has the physical ability).</li> </ol>

## First Steps Series: Stanley

<b>Stanley 1.</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Introduce: <ol style="list-style-type: none"> <li>1. Rules of the lesson.</li> <li>2. Poolside safety.</li> <li>3. Pupils to the teacher.</li> <li>4. Safe entries.</li> <li>5. Kicking action.</li> <li>6. Moving through water in different directions.</li> <li>7. Games.</li> <li>8. Breathing.</li> <li>9. Balance.</li> <li>10. Class interaction.</li> <li>11. Safe exits.</li> </ol>	Demonstrate the ability to: <ol style="list-style-type: none"> <li>1. Identify the teacher.</li> <li>2. Enter the water safely.</li> <li>3. Splash the feet on the surface, whilst holding the rail, trough or poolside and then return to standing position.</li> <li>4. Walk forwards, backwards and sideways through the water unaided for 5 metres, if in deeper water, unassisted walking actions may be substituted.</li> <li>5. Move through the water on the front for 2 metres</li> <li>6. Move through the water 2 metres on the back, regain feet.</li> <li>7. Blow a small object across the pool for 2 metres.</li> <li>8. Using a woggle as a bridge and a watering can as a shower, move under the waterfall.</li> <li>9. Push and glide on the front.</li> <li>10. Exit pool safely.</li> </ol>
It is recommended that all skills be performed in shallow water. Buoyancy aids may be used; adult assistance in the water is optional.	

<b>Stanley 2</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>o Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>o Movement in the water</li> <li>o Rotation</li> <li>o Blowing bubbles</li> <li>o Regaining feet</li> <li>o Front paddle action</li> <li>o Playing games</li> </ul> Develop: <ul style="list-style-type: none"> <li>o Kicking action</li> <li>o Class interaction</li> <li>o Pool safety</li> </ul>	Demonstrate the ability to: <ol style="list-style-type: none"> <li>1. Show an understanding of poolside safety.</li> <li>2. Enter the water from the poolside safely.</li> <li>3. Blow bubbles into the water, nose and mouth submerged.</li> <li>4. Move through the water for 2 metres on their front returning to a standing position.</li> <li>5. Move through the water for 2 metres on their back using an alternating leg action with the eyes looking at the ceiling, return to standing position.</li> <li>6. Perform a floating position.</li> <li>7. Use front paddle action to move a ball across the pool.</li> <li>8. Push and glide on the back.</li> <li>9. Roll from front to back, look at the ceiling.</li> <li>10. Climb out of the pool safely.</li> </ol>
It is recommended that all skills be performed in shallow water. Buoyancy aids may be used, adult assistance in the water is optional.	

<b>Stanley 3</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>o Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>o Moving unassisted</li> <li>o Alternating arm action</li> <li>o Alternating leg action</li> <li>o Treading water leg action</li> <li>o Jumping in</li> </ul> Develop: <ul style="list-style-type: none"> <li>o Floating</li> <li>o Turn 360 degrees</li> <li>o Controlled kicking</li> <li>o Pool safety</li> <li>o Playing games</li> </ul>	Demonstrate the ability to: <ol style="list-style-type: none"> <li>1. Answer a question on poolside safety.</li> <li>2. Enter the water from poolside, move forward 1 metre then return and exit from the pool unassisted.</li> <li>3. Hold the rail, trough or poolside, with the face in the water and blow bubbles.</li> <li>4. Perform a star float whilst on their back and regain the feet.</li> <li>5. Move through the water whilst on their back using an alternating leg action for 5 metres.</li> <li>6. Move through the water 5 metres on their front using front paddle action.</li> <li>7. Complete a 360 turntable with feet off pool floor.</li> <li>8. Roll from front to back and then stand up.</li> <li>9. Jump into the water from poolside with hand support from carer.</li> <li>10. Tread water action with legs on woggle - (seahorses).</li> </ol>
It is recommended that all skills be performed in shallow water; buoyancy aids may be used.	

<b>Stanley 4</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Breast stroke</li> <li>○ Rhythmic breathing</li> <li>○ Independent swimming</li> <li>○ Body control</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Floating</li> <li>○ Controlled kicking</li> <li>○ Treading water</li> <li>○ Playing games</li> </ul>	Demonstrate the ability to: <ol style="list-style-type: none"> <li>1. Answer 2 questions on poolside safety.</li> <li>2. Swim 5 metres front paddle, tuck and roll onto back, swim 5 metres on back.</li> <li>3. Hold the rail, trough or poolside, bob up and down and submerge the face 4 times exhaling underwater.</li> <li>4. Pick up an object from below the water surface.</li> <li>5. Perform 2 float positions.</li> <li>6. Push and glide on front and roll onto back.</li> <li>7. Tread water action with arms and legs.</li> <li>8. Attempt a circular action of either arms or legs.</li> <li>9. Jump into pool safely unaided.</li> <li>10. Climb out of pool safely unaided.</li> </ol>
It is recommended that all skills be performed in shallow water; buoyancy aids may be used.	

<b>Stanley 5</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in the previous award</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Front crawl arm action</li> <li>○ Back crawl arm action</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Floating</li> <li>○ Treading water</li> <li>○ Independent swimming</li> <li>○ Rhythmical breathing</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Answer 2 questions on poolside rules.</li> <li>2. Swim 2 metres front paddle or back paddle.</li> <li>3. Hold 3 different types of floating positions for 3 seconds each.</li> <li>4. Hold the rail, trough or poolside and breathe rhythmically 4 cycles.</li> <li>5. Jump in from poolside, turn and swim back to support at wall, climb out safely.</li> <li>6. Tread water (may be in a spinning action).</li> <li>7. Perform a push and glide on their front, keeping the face in the water and blowing bubbles.</li> <li>8. Retrieve an object from bottom of pool.</li> <li>9. Demonstrate front crawl arm action.</li> <li>10. Demonstrate back crawl arm action.</li> </ol>
It is recommended that all skills be performed in shallow water. Buoyancy aids may NOT be used unless stated.	

<b>Stanley 6</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in the previous award</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Front crawl arm action</li> <li>○ Sculling</li> <li>○ Shaped jumps</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Independent Swimming</li> <li>○ Breaststroke leg action</li> <li>○ Front crawl arm action</li> <li>○ Back crawl arm action</li> <li>○ Push and glide</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Answer 2 water safety questions.</li> <li>2. Push and glide on front with arms stretched, face in water.</li> <li>3. Swim through a submerged hoop.</li> <li>4. Swim 3 metres using a breaststroke type leg action, holding 2 floats or woggle.</li> <li>5. Swim 2 metres on their front and 2 metres back paddle with a smooth transition in between.</li> <li>6. Star or pencil jump into the pool, tread water then return to poolside.</li> <li>7. Hold side of pool; push off on side under water.</li> <li>8. Swim on front, tuck up and return swimming on back.</li> <li>9. Swim 5 metres either front crawl or backstroke.</li> <li>10. Using a woggle scull forwards, backwards or in a circle.</li> </ol>
It is recommended that all skills be performed in shallow water. Buoyancy aids may NOT be used unless stated	

<b>Stanley 7</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in the previous award</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Back crawl arm action</li> <li>○ Breaststroke arm action</li> <li>○ Dolphin leg action</li> <li>○ Treading water</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Independent Swimming</li> <li>○ Breaststroke leg action</li> <li>○ Front crawl arm action</li> <li>○ Push and glide</li> <li>○ Rhythmical breathing</li> <li>○ Sculling</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Answer 3 water safety questions.</li> <li>2. Perform a star float, slowly change to a narrow float and return to a star float on either their front or back.</li> <li>3. Push and glide on back with arms stretched then roll onto front.</li> <li>4. Swim 2 metres dolphin leg kick on their front or back.</li> <li>5. Tread water for 10 seconds.</li> <li>6. Swim 5 metres using a frog breaststroke type action of the arms and legs.</li> <li>7. Swim 10 meters front crawl confidently, attempting side breathing.</li> <li>8. Swim 10 metres on their back confidently.</li> <li>9. Swim through a submerged hoop and retrieve an object.</li> <li>10. Scull headfirst using arms only.</li> </ol>
It is recommended that all skills be performed in shallow water. Buoyancy aids may NOT be used other than as specified above	

# Level 1 - Octopus

<b>Octopus 1</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Rules and regulations for pool use.</li> <li>○ Hygiene.</li> <li>○ Water safety.</li> <li>○ Safe entry to the pool.</li> <li>○ Safe exit from the pool.</li> <li>○ Regaining feet, prone and supine.</li> <li>○ Front and Back paddle.</li> <li>○ Movement through the water.</li> <li>○ Alternating leg action front and back</li> <li>○ Body position awareness.</li> <li>○ Exhaling into the water.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Enter the pool safely and unassisted, using the steps.</li> <li>3. Walk, hop, skip or jump for 5 metres in the water.</li> <li>4. Return to a standing position from a star float on the front.</li> <li>5. Return to a standing position from a star float on the back.</li> <li>6. Perform back paddle for 5 metres.</li> <li>7. Perform front paddle for 5 metres.</li> <li>8. Blow bubbles in water.</li> <li>9. Blow floating objects for a distance of 3 metres.</li> <li>10. Exit the pool safely and unassisted.</li> </ol>
All the skills are to be performed in shallow water	

<b>Octopus 2</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Rules and regulations for pool use.</li> <li>○ Safe entries and exits.</li> <li>○ Skills learnt in previous award.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Push and glides front and back.</li> <li>○ Breaststroke leg action.</li> <li>○ Swimming without aids.</li> <li>○ Front crawl, backstroke and breaststroke arm action</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Water confidence and body position.</li> <li>○ Face wetting and blowing bubbles.</li> <li>○ Push and glide on front and back.</li> <li>○ Floating without aids.</li> <li>○ Controlling body position in the water with the use of head, hands and legs.</li> <li>○ Water safety knowledge.</li> <li>○ Interaction and playing games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Enter the pool safely.</li> <li>3. Push and glide on the front and on the back.</li> <li>4. Hold the side of the pool, bob up and down getting the face wet and exhaling under the water.</li> <li>5. Hold a float(s) and swim 3 metres using an alternating leg kick on the front.</li> <li>6. Hold a float(s) and swim 3 metres using an alternating leg kick on the back.</li> <li>7. Hold a float(s) and swim 3 metres using a simultaneous leg kick on back.</li> <li>8. Stand in shallow water, perform front crawl, backstroke and breaststroke arm action.</li> <li>9. Perform a floating position without the use of aids.</li> <li>10. Rotate 360 degrees in a tucked position with both feet off the pool bottom.</li> <li>11. Swim 2 metres without the use of aids and climb out of the pool safely.</li> </ol>
All the skills are to be performed in shallow water	

<b>Octopus 3</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Rules and regulations for pool use.</li> <li>○ Safe entries and exits.</li> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Butterfly leg action on back.</li> <li>○ Sculling.</li> <li>○ Rhythmical breathing.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Water confidence.</li> <li>○ Awareness of body position prone and supine.</li> <li>○ Front paddle.</li> <li>○ Back paddle.</li> <li>○ Breaststroke leg action.</li> <li>○ Submersion and breath control.</li> <li>○ Water safety knowledge.</li> <li>○ Interaction and playing games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Perform a sit and swivel entry.</li> <li>3. Push and glide on the front and swim 2 metres; <i>pupil's choice</i></li> <li>4. Push and glide on the back and swim 2 metres backstroke.</li> <li>5. Swim on the front for 5 metres; <i>pupil's choice</i>.</li> <li>6. Swim on the back for 5 metres.</li> <li>7. Full submersion beneath the surface.</li> <li>8. Hold the rail and breathe rhythmically for 6 cycles.</li> <li>9. Scull head first for 3 metres.</li> <li>10. Identify objects under water.</li> <li>11. Perform a mushroom float.</li> </ol>
All the skills are to be performed in shallow water. Pupils may also be awarded the "I Can Swim" badge and the 5 metre Distance Award.	

## Level 2 - Goldfish

<b>Goldfish 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Water safety.</li> <li>○ Safe entries and exits.</li> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Submersion and travel underwater.</li> <li>○ Step in entries.</li> <li>○ Shallow water diving practices.</li> <li>○ Retrieving object from bottom of the pool.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Streamlined body position.</li> <li>○ Head first sculling</li> <li>○ Awareness under water.</li> <li>○ Leg action for all four strokes.</li> <li>○ Arm action, front crawl, back crawl and breaststroke.</li> <li>○ Integration and enjoyment.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Perform a step in entry.</li> <li>3. Push and glide and hold the glide for 5 seconds.</li> <li>4. Pick up an object with both hands from the bottom of the pool from a depth of approximately 1 metre.</li> <li>5. Hold a float(s) and swim 5 metres in each of the following; back crawl, breaststroke and front crawl.</li> <li>6. Swim 10 metres of a correct stroke; <i>pupil's choice</i>.</li> <li>7. Perform a push and glide to the bottom of the pool and glide to the surface.</li> <li>8. Swim 3 metres dolphin leg kick on front or back.</li> </ol>
All the skills are to be performed in shallow water. Pupils may also be awarded a "Good Stroke" badge and the 10 metre Distance Award.	

<b>Goldfish 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Water safety.</li> <li>○ Safe entries and exits.</li> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Feet first sculling.</li> <li>○ Changes in direction.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Movement control with different floating positions.</li> <li>○ Dolphin leg action.</li> <li>○ Breath control.</li> <li>○ Sculling.</li> <li>○ Stroke technique for front crawl, backcrawl and breaststroke.</li> <li>○ Shallow water diving practices.</li> <li>○ Integration and enjoyment.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Perform a back float, tuck to front float and return to a standing position</li> <li>3. Scull head first for 5 metres and feet first for 3 metres.</li> <li>4. Push and glide on the back, tuck, rotate to the front and return to the starting point.</li> <li>5. Swim 10 metres of a recognised front stroke; <i>pupil's choice</i>.</li> <li>6. Swim 10 metres backstroke.</li> <li>7. Swim 5 metres of a recognised front stroke; <i>pupil's 2<sup>nd</sup> choice</i>.</li> <li>8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up.</li> <li>9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position.</li> </ol>
All the skills are to be performed in shallow water.	

<b>Goldfish 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Safe entries and exits.</li> <li>○ Water safety.</li> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Lifesaving backstroke leg kick.</li> <li>○ Treading water.</li> <li>○ Handstands.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Underwater movement and control of direction.</li> <li>○ Dolphin leg action.</li> <li>○ Stamina.</li> <li>○ Shallow water diving practices.</li> <li>○ Integration and enjoyment.</li> <li>○ Stroke technique for front crawl, back crawl and breaststroke</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Perform two different types of entries and tread water for 15 seconds each time; <i>performed in shoulder deep water</i>.</li> <li>3. Swim 15 metres backstroke.</li> <li>4. Swim 15 metres of a recognised front stroke; <i>pupil's choice</i>.</li> <li>5. Swim 10 metres holding a float under each arm using life saving backstroke leg kick.</li> <li>6. Swim 5 metres dolphin leg kick on front or back.</li> <li>7. Push and glide on the surface, pike sharply and assume a handstand with both hands on the bottom of the pool; <i>performed in chest deep water</i>.</li> <li>8. Perform a horizontal float on the back and hold for 5 seconds roll on to the front hold for 5 seconds, roll to the original back float position and hold for 5 seconds.</li> </ol>
All the skills are to be performed in shallow water. Pupils may also be awarded the 15 metre Distance Award.	

## Level 3 - Angelfish

<b>Angelfish 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Water safety.</li> <li>○ Safe entries and exits.</li> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Straddle entry</li> <li>○ Forward somersault.</li> <li>○ Competitive back crawl turn.</li> <li>○ Reaching rescue.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Correct Breathing techniques for front strokes.</li> <li>○ Sculling.</li> <li>○ Stroke techniques for all strokes.</li> <li>○ Dolphin leg action</li> <li>○ Shallow water diving practices.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Be rescued by a reaching aid.</li> <li>2. Perform a straddle entry and tread water for 30 seconds. <i>If water too shallow substitute step entry and support scull.</i></li> <li>3. Push and glide into a forward somersault.</li> <li>4. Scull head first for 5 metres and feet first for 5 metres.</li> <li>5. Swim 15 metres of a recognised front stroke with correct breathing; <i>pupil's choice.</i></li> <li>6. Swim 10 metres front stroke with correct breathing <i>pupil's 2<sup>nd</sup> choice.</i></li> <li>7. Swim 15 metres back crawl.</li> <li>8. Swim 5 metres legs only on the front, using dolphin leg kick, without aids.</li> <li>9. Start in a crouch position in the water, spring up, pike, glide to bottom of pool then glide to surface.</li> </ol>
All the skills are to be performed where possible in water at least chest deep.	

<b>Angelfish 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Safe entries and exits.</li> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Swimming in a T-shirt.</li> <li>○ Catching a buoyant aid.</li> <li>○ Old English backstroke arm action.</li> <li>○ Correct finish for 3strokes.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Stamina in all strokes.</li> <li>○ Stroke technique.</li> <li>○ Dolphin leg action</li> <li>○ Somersaults.</li> <li>○ Shallow water diving practices.</li> <li>○ Sculling practices.</li> <li>○ Swimming underwater.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Be rescued by catching a buoyant aid.</li> <li>2. Perform a straddle entry, tread water for 30 seconds, perform a 360 degree turn in a vertical position whilst wearing a T-shirt. <i>If water too shallow substitute step entry and support scull.</i></li> <li>3. Swim 5 metres perform a forward somersault and continue to swim forward for 5 metres.</li> <li>4. Swim 20 metres of a recognised front stroke using a correct touch finish; <i>pupil's choice.</i></li> <li>5. Swim 15 metres of a recognised front stroke using a correct touch finish; <i>pupil's 2<sup>nd</sup> choice.</i></li> <li>6. Swim 20 metres back crawl using a correct touch finish.</li> <li>7. Swim 5 metres on the back using a double arm action and dolphin leg kick.</li> <li>8. Start in a crouch position in the water, spring up, pike, and glide to the bottom of the pool, tuck, place both feet on the bottom of the pool and spring up; <i>performed in chest deep water.</i></li> <li>9. Swim underwater for five breaststroke arm pulls.</li> </ol>
All tests are to be performed where possible in deep (except where stated) water. Pupils may also be awarded the 20 metre Distance Award.	

<b>Angelfish 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Catching a rope thrown from the side.</li> <li>○ Removal of T-shirt in water.</li> <li>○ Surface dives.</li> <li>○ Butterfly arms</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Stamina in all strokes.</li> <li>○ Shallow water diving practices.</li> <li>○ Correct finishes.</li> <li>○ Sculling practices.</li> <li>○ Stroke technique.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Be rescued by catching a rope.</li> <li>2. Perform a straddle entry and tread water for 30 seconds whilst wearing a T-shirt and climb out unassisted. <i>If water too shallow substitute step entry and support scull.</i></li> <li>3. Perform a head first and feet first surface dive or if shallow water perform an underwater push and glide to pool floor..</li> <li>4. Scull feet first for 10 metres and head first for 10 metres.</li> <li>5. Swim 25 metres back crawl using a correct finish.</li> <li>6. Swim 25 metres of a recognised front stroke, incorporating a correct finish; <i>pupil's choice.</i></li> <li>7. Swim 20 metres of recognised front stroke incorporating a correct finish; <i>pupil's 2<sup>nd</sup> choice.</i></li> <li>8. Swim 5 metres butterfly; <i>not suitable for under 7 year olds.</i></li> <li>9. Start in a crouch position in the water, spring up, pike and glide to the bottom of the pool, place both hands on the bottom and assume a handstand; <i>performed in chest deep water.</i></li> </ol>
All the tests are to be performed where possible in deep (except where stated) water. Pupils may also be awarded the 25 metre Distance Award and the appropriate Good Strokes Award.	

## Level 4 – Shark

<b>Shark 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ A reaching rescue.</li> <li>○ Compact jump.</li> <li>○ Bilateral breathing.</li> <li>○ Poolside diving practices.</li> <li>○ Working with a partner and team games.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Stamina in all strokes.</li> <li>○ Correct breathing.</li> <li>○ Finishes</li> <li>○ Survival skills.</li> <li>○ Stroke technique in all strokes.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Perform a reaching rescue.</li> <li>2. Enter the water with a compact jump and swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt, and climb out. <i>If shallow water substitute straddle jump or step entry.</i></li> <li>3. Swim 5 metres of a recognised front stroke, perform a head first surface dive and swim 5 metres underwater.</li> <li>4. Swim 5 metres of a recognised front stroke, perform a feet first surface dive, tuck, and swim 5 metres underwater.</li> <li>5. Swim 50 metres of a recognised front stroke; <i>pupil's choice.</i></li> <li>6. Swim 25 metres of a recognised front stroke: <i>pupil's 2<sup>nd</sup> choice.</i></li> <li>7. Swim 25 metres Old English backstroke.</li> <li>8. Swim 25 metres front crawl demonstrating bilateral breathing.</li> <li>9. Perform a kneeling dive; <i>depth of water permitting</i>, or if shallow water perform underwater push and glide for 5 metres.</li> </ol>
All tests are to be performed where possible in deep (except where stated) water. Pupils may also be awarded the 50 metre Distance Award.	

<b>Shark 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ A throwing rescue.</li> <li>○ Star jump.</li> <li>○ Sidestroke.</li> <li>○ Competitive turns.</li> <li>○ Plunge dive.</li> <li>○ Individual medley.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Survival skills.</li> <li>○ Stamina.</li> <li>○ Correct turns and finishes.</li> <li>○ Poolside diving practices.</li> <li>○ Stroke technique.</li> <li>○ Working with a partner and team games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Throw buoyant aid 3 metres to a target point in the pool.</li> <li>2. Enter the water with a star jump, swim 10 metres of a recognised stroke, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted. <i>If shallow water substitute straddle jump or step entry.</i></li> <li>3. Swim 75 metres during which the pupils perform two recognised strokes with a smooth transition and the correct turns.</li> <li>4. Swim 25 metres using a recognised stroke not undertaken in the 75 metre swim.</li> <li>5. Wearing a T-shirt and shorts, swim 20 metres side stroke.</li> <li>6. Perform a plunge dive; <i>depth of water permitting</i> or if shallow water perform submerge and swim width of pool or 7 metres.</li> <li>7. Swim 4 x 1 width individual medley incorporating the appropriate transition procedure at the end of each stroke.</li> </ol>
All tests are to be performed where possible in deep (except where stated) water. Pupils may also be awarded the 75 metre Distance Award.	

<b>Shark 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Throwing a rope.</li> <li>○ Treading water while waving one arm.</li> <li>○ Competitive starts.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Land-based rescue.</li> <li>○ Survival swimming.</li> <li>○ Stamina.</li> <li>○ Competitive turns and finishes.</li> <li>○ Competitive dives.</li> <li>○ Correct turns and finishes.</li> <li>○ Stroke technique.</li> <li>○ Working with a partner and team games.</li> <li>○ Individual medley</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Throw a rope over 5 metres.</li> <li>2. Dive or straddle jump in wearing a T-shirt and shorts, swim 25 metres in a recognised stroke, tread water or scull support for 1 minute, tread water for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing; <i>depth of water permitting.</i></li> <li>3. Swim 100 metres of a recognised stroke on the front, incorporating the appropriate start, turns, &amp; finish; <i>pupil's choice.</i></li> <li>4. Swim 50 metres of a recognised front stroke, incorporating the appropriate start, turns and finish; <i>pupil's 2<sup>nd</sup> choice.</i></li> <li>5. Swim 100 metres back crawl incorporating the appropriate start, turns and finish.</li> <li>6. Swim 25 metres of a fourth recognised stroke not undertaken in the other tests.</li> <li>7. Swim 4 x 1 length individual medley incorporating the appropriate transition procedure at the end of each stroke.</li> <li>8. Perform a competitive start for two separate strokes using two different stances that are legal for the depth of water available.</li> </ol>
All tests are to be performed where possible in deep (except where stated) water. Pupils may also be awarded the 100 metre Distance Award.	

Pupils who have achieved “Learn to Swim” levels 1 to 4 may progress onto either, or both, of the “Advanced Skills Series”.

## Level 5 Bronze Swimmer Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Eggbeater leg action.</li> <li>○ Control of ball while swimming.</li> <li>○ Swimming with a partner.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Stamina and speed.</li> <li>○ Correct starts, turns and finishes for all four strokes.</li> <li>○ Sculling.</li> <li>○ Synchronised swimming</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Swim 200 metres within 6 minutes using a recognised competition stroke.</li> <li>2. Swim 50 metres in 70 seconds.</li> <li>3. Swim 6 widths performing front and back tumble turns.</li> <li>4. Swim 3 widths breaststroke performing two-handed turns and a finish.</li> <li>5. Swim 3 widths butterfly performing two-handed turns and a finish.</li> <li>6. Swim 4 x 3 widths individual medley.</li> <li>7. Perform a front and a back somersault.</li> <li>8. Scull 15 metres head first and 15 metres feet first.</li> <li>9. Tread water using eggbeater leg action for 1 minute.</li> <li>10. Swim 25 metres polo crawl with a ball showing control keeping the ball just in front of the head <b>OR</b> synchronising with another, swim 10 metres breaststroke and 10 metres backstroke.</li> </ol>
All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above. Pupils may also be awarded the 200 metre Distance Award.	

## Level 6 Silver Swimmer Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Front and back layout.</li> <li>○ Catching and throwing a ball.</li> <li>○ Changing direction and stroke without the loss of momentum.</li> <li>○ Support scull.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Stamina and speed.</li> <li>○ Treading water.</li> <li>○ Synchronising with a partner.</li> <li>○ Ball control.</li> <li>○ Correct starts, turns and finishes for 4 strokes.</li> <li>○ Stroke technique.</li> <li>○ Swimming underwater.</li> <li>○ Working with a partner.</li> <li>○ Team games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Swim 400 metres within 10 minutes using a recognised competition stroke.</li> <li>2. Swim 100 metres in 2 minutes.</li> <li>3. Swim 4 x 50 metre individual medley.</li> <li>4. From a back layout perform a tucked back somersault and finish with a back layout.</li> <li>5. From a front layout perform a tucked front somersault and finish with a front layout.</li> <li>6. Scull 15 metres head first, support scull for 5 seconds and 15 metres feet first.</li> <li>7. Tread water using eggbeater leg action for 90 seconds (45 seconds x 2 directions).</li> <li>8. Tread water, catch a ball, swim 25 metres polo crawl showing 3 changes in direction then pass the ball to another person. <b>OR</b> synchronising with another, swim 10 metres front crawl, change direction and swim 10 metres backstroke, change direction and swim 10 metres breaststroke.</li> <li>9. From a front push and glide swim 10 metres underwater in the prone position.</li> <li>10. From a back push and glide swim 10 metres underwater in the supine position.</li> </ol>
All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above. Pupils may also be awarded the 400 metre Distance Award.	

## Level 7 Gold Swimmer Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Stamina and speed.</li> <li>○ Correct starts, turns and finishes for 4 strokes.</li> <li>○ Synchronise with another swimmer.</li> <li>○ Sculling.</li> <li>○ Ball control.</li> <li>○ Swimming under water.</li> <li>○ Stroke technique.</li> <li>○ Working with a partner.</li> <li>○ Team games.</li> </ul> </li> </ul>	<p>Demonstrating the ability to:</p> <ol style="list-style-type: none"> <li>1. Swim 400 metres within 8 minutes using a recognised competition stroke.</li> <li>2. Swim 100 metres in 90 seconds.</li> <li>3. Swim 4 x 50 metre individual medley within 5 minutes.</li> <li>4. From a back layout perform 2 tucked back somersaults and finish with a back layout.</li> <li>5. From a front layout perform 2 tucked front somersaults and finish with a front layout.</li> <li>6. Scull 25 metres standard scull, support scull for 10 seconds and reverse scull for 25 metres.</li> <li>7. Tread water using the eggbeater leg action for 2 minutes (30 seconds x 4 directions).</li> <li>8. Tread water, catch a ball, rotate 360 degrees, swim 50 metres polo crawl passing and receiving the ball on 4 occasions during the swim.  <b>OR</b> synchronising with another, swim 5 metres breaststroke, surface dive and swim 5 metres breaststroke underwater. Resurface and swim 10 metres front crawl, change direction, standard scull 10 metres, change direction, reverse scull 10 metres, feet first surface dive and swim 5 metres breaststroke underwater, resurface and swim 5 metres breaststroke.</li> <li>9. From a front push and glide swim 15 metres underwater in the prone position.</li> <li>10. From a back push and glide swim 15 metres underwater in the supine position</li> </ol>
<p>All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above.</p>	

## Level 5 Bronze Water Safety Skills Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:                             <ul style="list-style-type: none"> <li>○ H.E.L.P. position.</li> <li>○ Simulation of a weak swimmer.</li> <li>○ Pool safety rules.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Swimming in T- shirt and shorts.</li> <li>○ Stamina.</li> <li>○ Survival skills.</li> <li>○ Treading water.</li> <li>○ Surface dives.</li> <li>○ Sidestroke.</li> <li>○ Reaching rescue.</li> <li>○ Throwing a buoyant aid.</li> <li>○ Water safety knowledge.</li> <li>○ Team games.</li> </ul> </li> </ul>	<p>Demonstrating the ability to:</p> <ol style="list-style-type: none"> <li>1. Perform a safe entry, wearing T-shirt and shorts, swim 100 metres on the front, collect a buoyant aid and show the HELP position for 1 minute then swim 50 metres with the aid and climb out unassisted.</li> <li>2. Tread water for 3 minutes wearing T-shirt and shorts.</li> <li>3. Float in a supine position for 1 minute wearing T-shirt and shorts.</li> <li>4. Perform a feet first surface dive wearing T-shirt and shorts and swim 5 metres underwater.</li> <li>5. Perform a headfirst surface dive wearing T-shirt and shorts and swim 5 metres underwater.</li> <li>6. Swim sidestroke for 15 metres.</li> <li>7. Simulate the actions of a weak swimmer.</li> <li>8. Perform a reaching rescue using an appropriate aid.</li> <li>9. Perform a throwing rescue over 8 metres using an appropriate buoyant aid.</li> <li>10. Explain 3 safety rules at the swimming pool.</li> </ol>
<p>All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above.</p>	

## Level 6 Silver Water Safety Skills Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Working in a group.</li> <li>○ Huddle position.</li> <li>○ Swimming in long sleeved jumper or sweatshirt.</li> <li>○ Simulation of injured swimmer.</li> <li>○ Wade rescue.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Speed and stamina.</li> <li>○ Survival skills.</li> <li>○ Simulation of a weak swimmer.</li> <li>○ Life saving backstroke.</li> <li>○ Sidestroke.</li> <li>○ Throwing a rope.</li> <li>○ Survival knowledge.</li> <li>○ Team games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Perform a safe entry wearing T-shirt and shorts, swim 200 metres on the front, tread water for 3 minutes, collect a buoyant aid and show the Huddle position for 2 minutes then swim 100 metres with the aid and climb out unassisted.</li> <li>2. Tread water for 2 minutes wearing T-shirt, long sleeved jumper or sweatshirt and shorts.</li> <li>3. Float in a supine position for 1 minute wearing T-shirt, long sleeved jumper or sweatshirt and shorts.</li> <li>4. Perform a feet first and a head first surface dive wearing T-shirt, long sleeved jumper or sweatshirt and shorts.</li> <li>5. Remove the long sleeved jumper or sweat shirt while in deep water. = additional outcome</li> <li>6. Swim 10 metres lifesaving backstroke and 20 metres sidestroke.</li> <li>7. Simulate the actions of an injured swimmer with head injury and then with an arm injury.</li> <li>8. Perform a throwing rescue over 8 metres using an appropriate rope.</li> <li>9. Wade 5 metres to rescue an injured swimmer using an appropriate buoyant aid.</li> <li>10. Explain the HELP and Huddle positions and when and why would they be used.</li> </ol>
All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above. Pupils may also be awarded the 200 metre Distance Award.	

## Level 7 Gold Water Safety Skills Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Swimming in long trousers or tracksuit bottoms.</li> <li>○ Accompanied rescue.</li> <li>○ Non-contact tow.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Speed and stamina.</li> <li>○ Swimming in heavy clothing.</li> <li>○ Survival skills.</li> <li>○ Removing of heavy clothing in water.</li> <li>○ Sidestroke.</li> <li>○ Lifesaving backstroke.</li> <li>○ H.E.L.P and Huddle position.</li> <li>○ Rescue knowledge.</li> <li>○ Working in a group.</li> <li>○ Team games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Swim 200 metres wearing T-shirt, long sleeved jumper or sweat shirt and long trousers or tracksuit bottoms, tread water for 2 minutes waving one arm to attract attention and 2 minutes normally, collect a buoyant aid show the HELP position for 1 minute and the Huddle for 2 minutes then swim 200 metres with the aid and climb out unassisted.</li> <li>2. Perform a feet first surface dive and swim 5 metres underwater wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms.</li> <li>3. Perform a head first surface dive and swim 5 metres underwater wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms.</li> <li>4. Remove the long sleeved jumper or sweat shirt and the long trousers or tracksuit bottoms while in deep water.</li> <li>5. Swim 25 metres lifesaving backstroke.</li> <li>6. Swim 25 metres sidestroke leading with the right arm and 25 metres sidestroke leading with the left arm.</li> <li>7. Simulate a weak swimmer becoming tired and then unresponsive.</li> <li>8. Rescue a co-operative weak swimmer, 10 metres away, using a buoyant aid, by passing them the aid, keeping a safe distance and accompanying them back 10 metres to safety, assist them out onto the poolside.</li> <li>9. Rescue a tired swimmer becoming unresponsive, 15 metres away, using a buoyant aid by pushing the aid towards them and instructing them to grasp it, tow them back 15 metres to safety, assist them out onto the poolside.</li> <li>10. Explain 3 methods you could use to help if you discovered somebody in difficulty in the water.</li> </ol>
All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above.	

## Level 8 Platinum Certificate

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Chain of survival knowledge.</li> <li>○ Working within a team, rescuing and landing a casualty.</li> <li>○ Torpedo scull.</li> <li>○ Unresponsive casualty rescue.</li> <li>○ Suspected spinal injury rescue and stabilisation.</li> <li>○ Ballet leg.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Speed and stamina.</li> <li>○ Survival skills.</li> <li>○ Individual medley techniques.</li> <li>○ Ball control.</li> <li>○ Synchronised swimming skills.</li> <li>○ Working with a group.</li> <li>○ Team activities.</li> </ul> </li> </ul>	<p>Demonstrating the ability to:</p> <ol style="list-style-type: none"> <li>1. Swim 400 metres wearing T-shirt, long sleeved jumper or sweat shirt and long trousers or tracksuit bottoms, tread water for 3 minutes waving one arm to attract attention and 2 minutes normally, collect a buoyant aid and show the HELP position for 2 minutes and the Huddle position for 3 minutes then swim 200 metres with the aid within 5 minutes and climb out unassisted.</li> <li>2. Perform a feet first surface dive wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms and swim 10 metres underwater.</li> <li>3. Perform a head first surface dive wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms and swim 10 metres underwater.</li> <li>4. Swim 100 metres in 75 seconds.</li> <li>5. Swim 4 x 50 metres individual medley within 4 minutes.</li> <li>6. Swim 25 metres using an eggbeater leg action.</li> <li>7. Rescue a face down unresponsive casualty 15 metres away, using a buoyant aid, bring to shallow water and on discovering the casualty is breathing, attract assistance and direct the team in landing and placing the casualty in the recovery position and explain what you would do next.</li> <li>8. Rescue, with assistance, and stabilise a suspected cervical spinal injury who is face down in shallow water; <i>standing depth</i>.</li> <li>9. Tread water while passing and receiving a ball with a partner or group, keeping the ball above the water continuously for 3 minutes.                OR synchronise with 2 other swimmers perform a safe entry, submerge, swim 5 metres underwater breaststroke, resurface by rotating backwards into a back layout, perform a back somersault finishing in a tub, rotate 360 degrees and hold for 10 seconds, perform a bent knee to ballet leg hold for 5 seconds return to bent knee and back layout, torpedo scull for 5 metres.</li> <li>10. Explain the four links in the 'Chain of Survival' from the guidelines for Basic Life Support.</li> </ol>
<p>All the skills are to be performed in deep water; buoyancy aids may NOT be used other than as specified above.</p>	

## The Distance Series

TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ The 5, 10, 15 and 20 metres using any stroke or paddle.</li> <li>○ Swimming in water deeper than 1.5 metre.</li> <li>○ Swimming the 50 metre to 5000 metres continuously.</li> </ul> </li> </ul>	<p>Demonstrating the ability to:</p> <ol style="list-style-type: none"> <li>1. The 5, 10, 15 and 20 metre awards may be achieved by swimming the distance using any stroke or paddle.</li> <li>2. The 25 metre award must be achieved by swimming a recognised stroke. Part of the distance covered should be in water deeper than 1.5 metres if this is available.</li> <li>3. The 50 metre to 5000 metre awards must be swum continuously using one stroke or a combination of recognised strokes.</li> <li>4. The poolside may be touched to turn but not to rest.</li> </ol>

## Seal - Personal Survival Series

<b>Seal 1</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ H.E.L.P. position</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Swimming in clothing</li> <li>○ Straddle entry</li> <li>○ Stamina</li> <li>○ Treading water</li> <li>○ Water safety knowledge</li> </ul>	Learning Outcomes Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Perform a straddle entry from the poolside</li> <li>2. Swim 50 metres</li> <li>3. Tread Water for 3 minutes</li> <li>4. Swim 100 metres</li> <li>5. Find a floatable object in deep water and adopt the H.E.L.P. position for 2 minutes</li> <li>6. Climb out of the pool from deep water without assistance</li> </ol>
This award must be performed in deep water whilst wearing the following clothing: short-sleeved fully buttoned shirt or blouse, long loose fitting trousers (not jeans)	

<b>Seal 2</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Swimming in clothing</li> <li>○ Straddle entry</li> <li>○ Surface dive</li> <li>○ Stamina</li> <li>○ Treading water</li> <li>○ Water safety knowledge</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Perform a straddle entry from the poolside</li> <li>2. Swim 100 metres in less than 4 minutes</li> <li>3. Perform a feet first surface dive</li> <li>4. Tread water for 1 minute waving one arm above the water to attract attention</li> <li>5. Tread water for 3 minutes</li> <li>6. Swim 200 metres stop and rest for 2 minutes by either floating or treading water then swim a further 200 metres</li> <li>7. Climb out of pool from deep without assistance</li> </ol>
This award must be performed in deep water whilst wearing the following clothing: long-sleeved fully buttoned shirt or blouse, long loose fitting trousers (not jeans)	

<b>Seal 3</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Swimming in clothing</li> <li>○ Removal of clothing in the water</li> <li>○ Straddle entry</li> <li>○ Surface dive</li> <li>○ Stamina</li> <li>○ Treading water</li> <li>○ Water safety knowledge</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Perform a straddle entry from the poolside</li> <li>2. Swim 100 metres in less than 4 minutes</li> <li>3. Tread water for 2 minutes</li> <li>4. Tread water for 2 minutes waving one arm above the water to attract attention</li> <li>5. Remove jumper or sweatshirt</li> <li>6. Swim 800 metres in less than 30 minutes; during the swim perform a feet first surface dive and a head first surface dive</li> <li>7. Climb out of the pool from the deep end without assistance</li> </ol>
This award must be performed in deep water whilst wearing the following clothing: long-sleeved fully buttoned shirt or blouse, long sleeved jumper or sweatshirt, long loose fitting trousers (not jeans)	

<b>Seal 4</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Managing cramp</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Swimming in clothing</li> <li>○ Removal of clothing in the water</li> <li>○ Straddle entry</li> <li>○ Surface dive</li> <li>○ Stamina</li> <li>○ Treading water</li> <li>○ H.E.L.P. position</li> <li>○ Water safety knowledge</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Perform a straddle entry from the poolside</li> <li>2. Swim 100 metres in less than 2 ½ minutes</li> <li>3. Remove footwear and tread water for 2 minutes; simulating cramp in one leg, massage the affected leg with a free hand</li> <li>4. Tread water for 5 minutes</li> <li>5. Swim 500 metres in less than 15 minutes</li> <li>6. Tread water for 2 minutes waving one arm above the water to attract attention</li> <li>7. Find a floating object and then remove an article of clothing</li> <li>8. Swim with the floating object for 100 metres, resting twice in the H.E.L.P. position for 2 minutes each time</li> <li>9. Climb out of the pool in the deep water without assistance</li> </ol>
This award must be performed in deep water whilst wearing the following clothing: t-shirt or vest, long-sleeved fully buttoned shirt or blouse, long sleeved jumper or sweatshirt, long loose fitting trousers (not jeans), socks and plimsolls or suitable alternative footwear	

# Beaver - Watermanship Skills

<b>Beaver 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Travelling through a submerged hoop</li> <li>○ Surface dives</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Floating</li> <li>○ Sculling</li> <li>○ Push and glides</li> <li>○ Submersion and travel underwater</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Float in a vertical position without using the legs for 10 seconds</li> <li>2. Start in a supine horizontal float position, hold for 10 seconds, transfer to a vertical float and hold for 5 seconds, return to the supine horizontal float and hold for a further 10 seconds</li> <li>3. Support scull in a sitting tuck position, with the back vertical for 10 seconds</li> <li>4. Push and glide in the prone position through a submerged hoop 3 metres from poolside</li> <li>5. Perform a mushroom float and maintain the position for 10 seconds</li> <li>6. Perform a push and glide and swim through a submerged hoop</li> <li>7. Perform a feet first surface dive, tuck and swim through a hoop submerged in water a minimum of 1.3 metres deep</li> </ol>

<b>Beaver 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Rotation</li> <li>○ Somersaults</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Treading water</li> <li>○ Floating</li> <li>○ Sculling</li> <li>○ Push and glides</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Whilst treading water perform the following skills:-                             <ol style="list-style-type: none"> <li>a. Tread water for 1 minute</li> <li>b. Rotate 360 degrees</li> <li>c. Move forward for 1 metre</li> <li>d. Move to the right for 1 metre</li> <li>e. Move backwards for 1 metre</li> <li>f. Move to the left for</li> <li>g. Tread water for 1 minute</li> </ol> <i>All the above are performed as a continuous action</i> </li> <li>2. From a back floating position bring knees to chest to form a tub hold for 5 seconds, rotate 360 degrees hold for 5 seconds, return to a back float position</li> <li>3. Push off from the poolside into a front glide, perform a tucked forward roll on to the back and scull headfirst back to the starting point</li> <li>4. Push off from the poolside into a back glide, perform a backward somersault finishing on the back and scull head first for 5 metres</li> <li>5. Perform a supine star float, maintain the position for 5 seconds then slowly convert to a pencil float, maintain this position for 5 seconds and then return to a star float</li> <li>6. Swim front Crawl for 1 length of the pool performing a somersault every 5 strokes</li> <li>7. Push off from the poolside into a front glide, tuck and roll backwards to a supine position and then scull feet first for 5 metres</li> </ol>

<b>Beaver 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Treading water</li> <li>○ Floating</li> <li>○ Sculling</li> <li>○ Push and glides</li> <li>○ Submersion and travel underwater</li> <li>○ Rotation and somersaults</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Tread water for 3 minutes, legs only for the first minute, arms only for the second minute then using both arms and legs but changing to a different leg action for the third minute</li> <li>2. Tread water, use one arm only for the first minute whilst waving the other arm in the air. Turn 360 degrees in a clockwise direction and then in an anticlockwise direction whilst using both arms and legs. Wave both arms in the air whilst using legs only, to tread water for a further minute</li> <li>3. From the poolside submerge and perform a prone push and glide remaining under water for 5 metres</li> <li>4. From the poolside submerge and perform a push and glide on the back remaining under water for 5 metres</li> <li>5. Push and glide from the poolside in the supine position and perform a full circle backward somersault whilst keeping the legs straight</li> <li>6. Swim Front Crawl for 5 arm pulls, rotate onto the back, swim back crawl for 5 arm pulls, return to the front and repeat for the length of the pool</li> <li>7. Scull headfirst for 10 metres in the supine position, perform a front somersault and return to the starting position by sculling feet first</li> </ol>

<b>Beaver 4</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Synchronised swimming</li> <li>○ Front and back layouts</li> <li>○ Ballet leg position</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Floating</li> <li>○ Sculling</li> <li>○ Rotation and somersaults</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Perform a standard scull (head first) for 10 metres followed by a flat stationary scull for 20 seconds and then a reverse (feet first) scull for 10 metres</li> <li>2. Start from a front layout position, perform 3 ½ consecutive front somersaults and finish in the back layout position</li> <li>3. Start from a back layout position, bring one knee to the chest whilst holding a flat body position for 5 seconds. Return to a back layout position and then repeat the exercise with the other leg</li> <li>4. Start from a back layout position, bring both knees to the chest (tub), rotate through 360 degrees in one direction and then 360 degrees in the other direction. Return to the back layout position</li> <li>5. Front Layout hold for 5 seconds with face clear of water, tuck into Mushroom Float for 5 seconds, return to Front Layout</li> <li>6. Swim with one other person in a synchronised manner for 20 metres. Any stroke may be used but swimmers must start and finish together and each stroke executed at the same time as each other</li> <li>7. Start from the back layout position raise one leg until it is straight, (ballet leg position), hold for 3 seconds whilst sculling with the hands. Return to the back layout position</li> </ol>

<b>Beaver 5</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Water Polo Skills</li> <li>○ Polo crawl</li> <li>○ Ball control</li> <li>○ Throwing and catching skills</li> <li>○ Eggbeater leg action</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Treading water</li> <li>○ Rotation</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Swim 20 metres polo crawl with a ball showing control by keeping the ball just in front of the head</li> <li>2. Tread water, throw a ball accurately to a partner 4 metres away using only one hand. Catch the ball when it is returned again using only one hand. Repeat for 5 throws and catches</li> <li>3. Use eggbeater leg action, travel sideways balancing a ball in one hand for 5 metres</li> <li>4. Tread water, throw a ball into a ring, hoop or net situated 4 metres away. One hand only should be used when throwing</li> <li>5. Swim 10 metres polo crawl, tread water for 10 seconds, catch a ball with one hand, swim polo crawl with the ball for 10 metres then throw it to a partner 4 metres away</li> <li>6. Use eggbeater leg action, travel sideways for 5 metres, catch a ball with one hand, tread water and throw the ball into a ring, net or hoop situated 4 metres away using one hand for the throw</li> <li>7. Tread water, holding a ball above the water, turn 360 degrees, throw a ball to and receive from a partner no less than 4 metres away, repeat this 5 times with good accuracy</li> </ol>

## Kingfisher Series

<b>Kingfisher 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Retrieving an object from the bottom of the pool</li> <li>○ Holding a glide position</li> <li>○ Submersion and travel underwater</li> <li>○ Shallow water diving practices</li> <li>○ Handstands</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Submerge in chest deep water and recover an object from the bottom of the pool using both hands</li> <li>2. Push and glide on the surface and hold the streamlined position for 5 seconds</li> <li>3. Push and glide to the bottom of the pool, glide up holding a streamlined position</li> <li>4. Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up</li> <li>5. Push away from the side of the pool into a handstand</li> <li>6. Push and glide on the surface, pike at hips into a handstand and remain in a stable position for 3 seconds</li> </ol>
To be performed in water which is at least chest high	

<b>Kingfisher 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Springing actions</li> <li>○ Backstroke starts</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Retrieving an object from the bottom of the pool</li> <li>○ Submersion and travel underwater</li> <li>○ Shallow water diving practices</li> <li>○ Handstands</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Crouch, spring up, then submerge to recover an object from the bottom of the pool</li> <li>2. Crouch, spring upwards into a glide on the surface in the prone position</li> <li>3. Crouch, spring upwards, then submerge to the bottom of the pool and glide up</li> <li>4. Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up</li> <li>5. Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds</li> <li>6. Crouch, spring upwards and backwards into a back glide on the surface</li> <li>7. Perform a backstroke start from the side of the pool</li> </ol>
To be performed in water not less than 0.9 metres deep	

<b>Kingfisher 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
Reinforce: <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards</li> <li>○ Safe entries and exits</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Diving progressions</li> <li>○ Racing dives with transitions into the prone strokes</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Springing actions</li> <li>○ Holding a glide position</li> <li>○ Submersion and travel underwater</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. Perform a sitting dive</li> <li>2. Perform a kneeling dive</li> <li>3. Perform a squat dive</li> <li>4. Perform a crouch dive</li> <li>5. Perform a lunge dive</li> <li>6. Perform a plunge dive</li> <li>7. Perform a racing dive with transition into a prone stroke</li> </ol>
All dives to be performed from the poolside into the water that is at least 1.8 metres deep	

## Otter Series

<b>Otter 1</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Introduce: <ul style="list-style-type: none"> <li>○ The Aims of First Aid</li> <li>○ Chain of Survival knowledge</li> <li>○ Basic Life Support</li> <li>○ The Primary Survey</li> <li>○ The Secondary Survey</li> <li>○ Aftercare</li> <li>○ Summoning the Emergency Services</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. State one of the Aims of First Aid</li> <li>2. Check for Dangers</li> <li>3. Assess Responsiveness and shout Help</li> <li>4. Open the Airway - Head tilt, Mouth check, Chin lift</li> <li>5. Check for Breath - Look, Listen and Feel</li> <li>6. On discovering the casualty is breathing, look for bleeding and any possible broken bones</li> <li>7. Place the casualty in the recovery position</li> <li>8. Explain how to contact the Emergency Services</li> </ol>

<b>Otter 2</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Knowledge learnt in the previous award</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Anatomy and Physiology</li> <li>○ Foreign body airway obstruction</li> <li>○ Recognising a choking casualty</li> <li>○ Managing a choking casualty</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Summoning the Emergency Services</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. State two of the Aims of First Aid</li> <li>2. Explain simply how we breathe in and out</li> <li>3. Explain how to recognise a choking casualty</li> <li>4. State the sequence to relieve a choking casualty</li> <li>5. Perform back slaps/blows on a manikin</li> <li>6. Perform chest thrusts on an adult or child manikin</li> <li>7. Perform abdominal thrusts on an adult manikin</li> <li>8. Explain when to contact the Emergency Services</li> </ol>

<b>Otter 3</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Reinforce: <ul style="list-style-type: none"> <li>○ Knowledge learnt in the previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Types of Burns</li> <li>○ Managing Burns</li> <li>○ Types of Bleeding</li> <li>○ Managing Bleeding</li> <li>○ Types of Shock</li> <li>○ Managing Shock</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ Anatomy and Physiology</li> </ul>	Demonstrating the Ability to: <ol style="list-style-type: none"> <li>1. State the three Aims of First Aid</li> <li>2. Explain simply how the blood circulates around the body</li> <li>3. State two different types of burns</li> <li>4. Explain how to treat burns</li> <li>5. Explain how to manage external bleeding</li> <li>6. Apply a sterile un-medicated dressing to an arm</li> <li>7. Apply an elevated sling</li> <li>8. Place a simulated casualty in the position for managing shock</li> </ol>

<b>Otter 4</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
Teaching Objectives Reinforce: <ul style="list-style-type: none"> <li>○ Knowledge learnt in the previous awards</li> </ul> Introduce: <ul style="list-style-type: none"> <li>○ Types of Fractures</li> <li>○ Managing Fractures</li> </ul> Develop: <ul style="list-style-type: none"> <li>○ The Primary and Secondary Surveys</li> <li>○ Anatomy and Physiology</li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. State the priorities of casualty management</li> <li>2. Explain simply the skeletal system</li> <li>3. State two different types of fracture</li> <li>4. Explain how to manage a fracture</li> <li>5. Apply an arm sling for a fractured arm</li> <li>6. Apply an elevated sling, padding and a broad bandage to manage fractured ribs</li> <li>7. Make a simulated casualty with a fractured leg comfortable</li> <li>8. Make a simulated casualty with a fractured pelvis comfortable</li> </ol>

# Teddy Bear Series

<b>Teddy Bear 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in the previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Floating on back and front.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Leg kicking practices.</li> <li>○ Arm action.</li> <li>○ Co-ordination of arms and legs.</li> <li>○ Integration and playing games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Enter the water safely from the sitting position.</li> <li>2. Splash water over the face.</li> <li>3. Perform a Star float on the back.</li> <li>4. Be pulled through the water for 5 metres on the front encouraging a kicking action.</li> <li>5. Be pulled through the water for 5 metres on the back encouraging a kicking action.</li> <li>6. Walk in shallow water unaided for 5 metres. <i>If the water is too deep in which to walk, unassisted walking motions may be substituted.</i></li> </ol>
The Teddy Bear series is suitable for young people of 2 years of age and upward. All the skills are to be performed in shallow water; buoyancy aids may be used.	

<b>Teddy Bear 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in the previous award.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Front paddle.</li> <li>○ Back paddle.</li> <li>○ Rotation.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Co-ordination of arms and legs.</li> <li>○ Floating.</li> <li>○ Playing games.</li> </ul> </li> </ul>	Demonstrating the ability to <ol style="list-style-type: none"> <li>1. Blow bubbles while holding onto the side of the pool.</li> <li>2. Be pulled through the water for 20 metres, 10 metres on the front, rollover and 10 metres on the back, to be performed as a continuous action.</li> <li>3. Perform front paddle for at least 2 metres to reach the pool side.</li> <li>4. Perform back paddle for 2 metres.</li> <li>5. Rotate through a complete circle (360 degrees) while remaining vertical and with both feet off the bottom.</li> <li>6. Put face into the water.</li> </ol>
All the skills are to be performed in shallow water; buoyancy aids may be used.	

<b>Teddy Bear 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in the previous award.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Unassisted entries.</li> <li>○ Blowing small buoyant aids.</li> <li>○ Submerging.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Co-ordination.</li> <li>○ Floating.</li> <li>○ Safe entries.</li> <li>○ Integration and playing games.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Enter the water from the side of the pool, when in water turn around and swim to the poolside.</li> <li>2. Paddle, unassisted, for 5 metres on the front.</li> <li>3. Paddle, unassisted, for 5 metres on the back.</li> <li>4. Blow small floating objects across water for 2 metres.</li> <li>5. Perform front paddle for 2 metres rotate on to back and back paddle 2 metres without loss of momentum.</li> <li>6. Submerge the face and blow bubbles.</li> <li>7. Leave the pool unassisted.</li> </ol>
All the skills are to be performed in shallow water; buoyancy aids may be used.	

# Tadpole Series

<b>Tadpole 1</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Rules and regulations.</li> <li>○ Hygiene.</li> <li>○ Safe entries and exits.</li> <li>○ Water safety.</li> </ul> </li> <li>➤ Introduce:                             <ul style="list-style-type: none"> <li>○ Regaining feet.</li> <li>○ Front and back crawl leg action.</li> <li>○ Front and back crawl arm action.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Co-ordination.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Return to a standing position from a front float and back float..</li> <li>2. Swim 5 metres holding float(s) using front crawl leg kick.</li> <li>3. Swim 5 metres holding float(s) using back crawl leg kick.</li> <li>4. Perform front crawl arm action while standing.</li> <li>5. Perform back crawl arm action while standing.</li> <li>6. Swim 5 metres on the front showing front crawl arm action.</li> <li>7. Swim 5 metres on the back using back crawl arm action.</li> </ol>
All the skills are to be performed in shallow water; buoyancy aids may NOT be used other than as specified above.	

<b>Tadpole 2</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Skills learnt in the previous awards.</li> </ul> </li> <li>➤ Introduce:                             <ul style="list-style-type: none"> <li>○ Streamlining.</li> <li>○ Breaststroke leg action.</li> <li>○ Breaststroke arm action.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Submerging.</li> <li>○ Co-ordination.</li> <li>○ Front and back crawl arms.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Submerge completely and blow bubbles.</li> <li>2. Push and glide on the front showing a good streamlined position.</li> <li>3. Push and glide on the back showing a good streamlined body position.</li> <li>4. Swim 5 metres holding float(s) using breaststroke type leg kick.</li> <li>5. Swim 5 metres lying on the back, holding float(s) using inverted breaststroke leg kick.</li> <li>6. Perform breaststroke arm action standing in shallow water.</li> <li>7. Swim 3 metres breaststroke.</li> </ol>
All the skills are to be performed in shallow water; buoyancy aids may NOT be used other than as specified above.	

<b>Tadpole 3</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:                             <ul style="list-style-type: none"> <li>○ Skills learnt in the previous awards.</li> </ul> </li> <li>➤ Introduce:                             <ul style="list-style-type: none"> <li>○ Butterfly leg action.</li> <li>○ Butterfly arm action.</li> </ul> </li> <li>➤ Develop:                             <ul style="list-style-type: none"> <li>○ Floating.</li> <li>○ Co-ordination.</li> <li>○ Streamlining on Front and back.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Perform a star float on the front and hold for 3 seconds.</li> <li>2. Perform a star float on the back and hold for 3 seconds.</li> <li>3. Swim 5 metres on the back using dolphin type leg kick</li> <li>4. Swim 3 metres on the front using dolphin type leg kick.</li> <li>5. Perform butterfly arm action standing in shallow water.</li> <li>6. Push and glide on the back, tuck and roll on to front and swim back to the wall.</li> <li>7. Swim 3 metres on the back using a double arm and dolphin leg kick.</li> </ol>
All the skills are to be performed in shallow water; buoyancy aids may NOT be used other than as specified above.	

## Pool Frog Series

<b>Pool Frog 1</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Water safety.</li> <li>○ Hygiene.</li> <li>○ Rules and regulations.</li> <li>○ Safe entries and exits.</li> <li>○ Regaining feet from front and back.</li> <li>○ Rhythmical breathing.</li> <li>○ Retrieving objects from bottom of pool.</li> <li>○ Floating.</li> <li>○ Push and glide.</li> <li>○ Backstroke leg action.</li> <li>○ Front stroke leg action.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Enter the water, unaided and safely, without using the steps and swim 5 metres.</li> <li>3. Submerge the face six times rhythmically, exhaling beneath the surface, whilst holding onto the poolside.</li> <li>4. Pick up an object from the bottom of the pool with both hands.</li> <li>5. Perform a mushroom float for 5 seconds, extend to a front float, and return to a standing position. <i>If the water is too deep to stand, the pupil may recover to a vertical position and tread water.</i></li> <li>6. Push off from the side of the pool and perform a front glide, regain a vertical position. <i>If the water is too deep to stand, the pupil may recover to a vertical position and tread water.</i></li> <li>7. Swim 10 metres, hold a float(s) using an alternating leg kick on the front.</li> </ol>

All the skills are to be performed in shallow water; buoyancy aids may NOT be used other than as specified above.

<b>Pool Frog 2</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Jumping in.</li> <li>○ Sitting on the bottom.</li> <li>○ Front and back paddle.</li> <li>○ Life saving backstroke leg action.</li> <li>○ Swimming on front 2<sup>nd</sup> stroke.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Rhythmical breathing.</li> <li>○ Floating.</li> <li>○ Swimming with floats.</li> <li>○ Push and glide on front and back.</li> <li>○ Water safety knowledge.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Jump in from the poolside and assume the crouch position on landing and swim 10 metres.</li> <li>3. Submerge the head ten times rhythmically, exhaling beneath the surface.</li> <li>4. Sit on the bottom of the pool. <i>The required sitting position need only be shown briefly and the hands, sculling or scooping may be used, if required, for assistance.</i></li> <li>5. Push and glide on the back, and return to a standing position.</li> <li>6. Swim front paddle, head up, for 10 metres. <i>Arms pull alternately below the surface of the water and legs kick alternately up and down.</i></li> <li>7. Swim back paddle for 10 metres. <i>Hands scull by hips and legs kick alternately up and down.</i></li> <li>8. Swim life saving leg-kick for 10 metres; <i>floats may be used for this test.</i></li> <li>9. Swim 10 metres, either breaststroke, front crawl, or back crawl; <i>pupil's choice.</i></li> </ol>

All the skills are to be performed in shallow water; buoyancy aids may NOT be used other than as specified above.

Pupils may also be awarded the "I Can Swim" badge and the 10 metre Distance Award.

<b>Pool Frog 3</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Treading water.</li> <li>○ Sculling.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Front stroke leg action.</li> <li>○ Back crawl leg action.</li> <li>○ 2<sup>nd</sup> front stroke leg action.</li> <li>○ Water safety knowledge.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Answer two water safety questions.</li> <li>2. Jump in from the poolside and touch the pool bottom with both feet, push up to the surface and tread water for 20 seconds.*</li> <li>3. Support scull, in a sitting tuck position, for 20 seconds, extend to a back float position and regain feet.</li> <li>4. Support scull, in a vertical position, for 5 seconds. <i>Feet shall be together and mouth clear of water.*</i></li> <li>5. Float on back for 90 seconds. <i>The hands may be used gently to maintain a horizontal position.</i></li> <li>6. Swim for 15 metres, holding a float, front crawl legs only.</li> <li>7. Swim for 15 metres, back crawl legs only, with hands crossed on the chest.</li> <li>8. Swim 25 metres breaststroke, front crawl or back crawl; <i>pupil's choice.*</i></li> </ol>

All tests were performed in shallow water, except those marked \* which were in deep water; buoyancy aids may NOT be used other than as specified above. Pupils may also be awarded the Distance Awards up to 25 metres.

Pupils who complete the **Pool Frog Series** can progress to **Level 2 – Goldfish Series**.

## Adult Series

<b>Adult 1</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Rules and regulations.</li> <li>○ Hygiene.</li> <li>○ Water safety.</li> <li>○ Safe entries and exits.</li> <li>○ Regaining feet from front and back.</li> <li>○ Submerging.</li> <li>○ Push and glides on front and back.</li> <li>○ Leg kicking only on front and back.</li> <li>○ Floating.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Unaided, enter the water safely in any manner.</li> <li>2. Holding the rail, trough or side of pool and keeping feet on the bottom of the pool, submerge completely.</li> <li>3. With the use of a floats(s) swim 10 metres, legs only in prone <b>OR</b> supine position, return to a standing position; <i>pupil's choice</i>.</li> <li>4. With the use of float(s) swim 5 metres, legs only, in a position not undertaken in Test 3, regain feet; <i>pupil's 2<sup>nd</sup> choice</i>.</li> <li>5. Free Float for 5 seconds; <i>pupil's choice and buoyancy aids may be used</i>.</li> <li>6. Push and glide to rail.</li> <li>7. Unaided leave the pool in any safe manner</li> </ol>
All the skills are to be performed in shallow water; buoyancy aids may NOT be used other than as specified above.	

<b>Adult 2</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous award.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Retrieving objects from bottom.</li> <li>○ Leg kicking for 2<sup>nd</sup> front stroke.</li> <li>○ Sculling.</li> <li>○ Rhythmical breathing.</li> <li>○ Deep water.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Leg kicking on front. 1<sup>st</sup> and 2<sup>nd</sup> stroke.</li> <li>○ Leg kicking back crawl.</li> <li>○ Floating.</li> <li>○ Push and glides on front and back.</li> <li>○ Co-ordination.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Enter the water safely.</li> <li>2. Starting with a push and glide, swim 10 metres on the front.</li> <li>3. Starting with a push and glide, swim 10 metres back paddle.</li> <li>4. Retrieve an object from the bottom of the pool.</li> <li>5. Using floats perform breaststroke leg kick for a distance of 10 metres.</li> <li>6. Scull head first for a distance of 5 metres.</li> <li>7. Holding the rail, trough or sides of the pool submerge 3 times.</li> <li>8. Breathe cycle 10 times.</li> </ol>
All tests may be (not compulsory) performed in shallow water except test 7 which must be performed in deep water; buoyancy aids may NOT be used other than as specified above.	

<b>Adult 3</b>	
TEACHING OBJECTIVES	LEARNING OUTCOMES
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in the previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Treading water.</li> <li>○ Surface dives.</li> <li>○ Rolling from back to front, and front to back.</li> <li>○ Shallow water diving practices.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Co-ordination.</li> <li>○ 1<sup>st</sup> and 2<sup>nd</sup> front strokes.</li> <li>○ Back crawl.</li> <li>○ Stamina.</li> <li>○ Floating.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Enter the pool from the side without the use of steps.</li> <li>2. Tread water for 1 minute.</li> <li>3. Swim 25 metres from the deep end to the shallow end using any stroke in the prone position; <i>pupil's choice</i>.</li> <li>4. Push and glide on the front and swim 10 metres in the prone position using a different stroke; <i>pupil's 2<sup>nd</sup> choice</i>.</li> <li>5. Push and glide on the back and swim 25 metres using a backstroke, <i>pupil's choice</i>.</li> <li>6. Retrieve an object from the bottom of the pool having executed a surface dive; <i>water minimum level chest deep</i>.</li> <li>7. Swim 10 metres on the front, roll onto the back and swim 10 metres on the back.</li> <li>8. Perform a mushroom float, hold for 5 seconds, extend arms beyond the head with the legs together and straight, hold for 3 seconds and regain feet.</li> </ol>
Tests 1, 2, 3 and 8 must be performed in deep water and tests 4, 5 and 7 may be (not compulsory) performed in shallow water. Test 6 must be performed in chest deep water; buoyancy aids may NOT be used other than as specified above.	

<b>Adult 4</b>	
<b>TEACHING OBJECTIVES</b>	<b>LEARNING OUTCOMES</b>
<ul style="list-style-type: none"> <li>➤ Reinforce:               <ul style="list-style-type: none"> <li>○ Skills learnt in previous awards.</li> </ul> </li> <li>➤ Introduce:               <ul style="list-style-type: none"> <li>○ Poolside diving practices.</li> </ul> </li> <li>➤ Develop:               <ul style="list-style-type: none"> <li>○ Stamina.</li> <li>○ Shallow water diving practices.</li> <li>○ Floating.</li> <li>○ Altering position in the water on front and back.</li> <li>○ Stroke technique.</li> </ul> </li> </ul>	Demonstrating the ability to: <ol style="list-style-type: none"> <li>1. Swim 50 metres on the front with the correct start; <i>pupil's choice</i>.</li> <li>2. Swim 50 metres on the back with the correct start; <i>pupil's choice</i>.</li> <li>3. Swim 25 metres on the front; <i>pupil's 2<sup>nd</sup> choice</i>.</li> <li>4. Tread water for 3 minutes.</li> <li>5. Push and glide to the bottom of the pool, glide up.</li> <li>6. Push and glide to the bottom of the pool, jump up.</li> <li>7. Push and glide, bend at the hips to go into a handstand.</li> <li>8. Plunge dive into deep water.</li> </ol>
Tests 5, 6 and 7 are performed in chest deep water, all other test are performed in deep water; buoyancy aids may NOT be used other than as specified above.	

Pupils who have achieved “**Adult Series**” 1 to 4 may progress onto either, or both, of the “**Advanced Skills Series**”.

## SNC Awards

<b>Rock Hopper Series</b>	
<b>Rock hopper 1:</b> Water confidence for those who need assistance. The pupil may need a floatation aid or physical assistance when performing these skills.	
Teaching Objectives	Learning Outcomes
<ul style="list-style-type: none"> <li>• Introduce.</li> <li>• Safe entry and exit.</li> <li>• Splashing.</li> <li>• Balance.</li> <li>• Breathing.</li> <li>• Activities.</li> <li>• Safety.</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter the water with support or from a hoist.</li> <li>2. Splash water.</li> <li>3. Show enjoyment of being in water - smile, eye movement, verbal expression.</li> <li>4. Lay on back or front with adult support and move around pool.</li> <li>5. Push a floating object around pool using any part of body.</li> <li>6. Blow an object around pool, chin on water.</li> <li>7. Respond to the emergency signal.</li> </ol>
<b>Rock hopper 2</b>	
Teaching Objectives	Learning Outcomes
<b>Reinforce</b> <ul style="list-style-type: none"> <li>• Water Safety.</li> <li>• Safe entry &amp; exit.</li> </ul> <b>Introduce</b> <ul style="list-style-type: none"> <li>• Movement of limbs.</li> <li>• Blowing bubbles.</li> <li>• Floating.</li> </ul> <b>Develop</b> <ul style="list-style-type: none"> <li>• Rotation in vertical.</li> <li>• Limb movements.</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter the water using any means.</li> <li>2. Have water poured over head.</li> <li>3. Move limbs whilst moving around pool.</li> <li>4. Float on back or front in a relaxed manner.</li> <li>5. Blow bubbles in the water.</li> <li>6. Swing from supine to prone and back to supine.</li> <li>7. Respond to light and/or sound changes.</li> <li>8. Exit safely.</li> </ol>
<b>Rock hopper 3</b>	
Teaching Objectives	Learning Outcomes
<b>Reinforce</b> <ul style="list-style-type: none"> <li>• Knowledge learnt in previous award.</li> </ul> <b>Introduce</b> <ul style="list-style-type: none"> <li>• Face in water.</li> <li>• Independent propulsion.</li> <li>• Rotation horizontally.</li> </ul> <b>Developing</b> <ul style="list-style-type: none"> <li>• Propulsive movements.</li> <li>• Breathing.</li> <li>• Rotation.</li> </ul>	<ol style="list-style-type: none"> <li>1. Kick legs on front or back.</li> <li>2. Propel oneself for 5 metres by any method.</li> <li>3. Identify 3 objects under the water.</li> <li>4. Float on back for 10 seconds and then sit up.</li> <li>5. Roll from supine to prone and back to supine – horizontal axis.</li> <li>6. Hum in the water, nose in water, for 5 seconds.</li> <li>7. Travel through a hoop at the water surface.</li> <li>8. Participate in a group activity.</li> <li>9. Move across pool in an upright position.</li> </ol>
<b>Rock hopper 4</b>	
Teaching Objectives	Learning Outcomes
<b>Reinforce</b> <ul style="list-style-type: none"> <li>• Skills learn in previous awards.</li> </ul> <b>Introduce</b> <ul style="list-style-type: none"> <li>• Shaped floats.</li> <li>• Regaining feet.</li> <li>• Forward swimming &amp; roll.</li> </ul> <b>Develop</b> <ul style="list-style-type: none"> <li>• Group participation.</li> <li>• Floating.</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter the water independently, with a supervised jump, if possible.</li> <li>2. Perform a jellyfish, or mushroom float.</li> <li>3. Swim 5 metres on front, roll onto back and float.</li> <li>4. Pick up an object from the bottom of the pool.</li> <li>5. Swim 5 metres on back, stand up or find a safe position at poolside.</li> <li>6. Participate in group activity.</li> </ol>

<b>Rock hopper 5</b>	
Teaching Objectives	Learning Outcomes
<p><b>Reinforce</b></p> <ul style="list-style-type: none"> <li>• Skills learnt in previous awards.</li> </ul> <p><b>Introduce</b></p> <ul style="list-style-type: none"> <li>• Treading water.</li> <li>• Submersion.</li> <li>• Push and glide.</li> </ul> <p><b>Develop</b></p> <ul style="list-style-type: none"> <li>• Breathing.</li> <li>• Floating.</li> <li>• Propulsion.</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter the water safely, submerge and swim to the poolside and support yourself.</li> <li>2. Tread water in an upright position for 10 seconds.</li> <li>3. Swim through a hoop held just below water surface.</li> <li>4. Blow bubbles rhythmically while moving forward through the water.</li> <li>5. Float on the back for 10 seconds.</li> <li>6. Swim 10 meters using any style.</li> <li>7. Push and glide on front.</li> <li>8. Participate in group activity.</li> </ol>

<b>Rock hopper 6</b>	
Teaching Objectives	Learning Outcomes
<p><b>Reinforce</b></p> <ul style="list-style-type: none"> <li>• Skills learnt in previous awards.</li> </ul> <p><b>Introduce</b></p> <ul style="list-style-type: none"> <li>• Rolling.</li> <li>• Independent entry.</li> </ul> <p><b>Develop</b></p> <ul style="list-style-type: none"> <li>• Stamina.</li> <li>• Breathing.</li> <li>• Group interaction.</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter the water safely, using any method, roll onto back and float for 10 seconds.</li> <li>2. Tread water for 20 seconds.</li> <li>3. Swim 15 metres using any style.</li> <li>4. Push and glide through a hoop held below the water surface, swim and adopt a safe breathing position.</li> <li>5. Swim 5 meters on your front, roll onto back and swim 5 metres.</li> <li>6. Breath rhythmically while swimming 10 metres on your front, or 10 metres on your back.</li> <li>7. Participate in group activity.</li> </ol>

<b>Rock hopper 7</b>	
<b>Rock hopper 7:</b> These skills should be performed with no assistance, swim aids may be used where necessary. The skills may be carried out in any depth of water suitable for the pupil.	
Teaching Objectives	Learning Outcomes
<p><b>Reinforce</b></p> <ul style="list-style-type: none"> <li>• Skills learnt in previous awards.</li> </ul> <p><b>Introduce</b></p> <ul style="list-style-type: none"> <li>• Submersion.</li> <li>• Changing body position.</li> <li>• Propelling an object.</li> </ul> <p><b>Develop</b></p> <ul style="list-style-type: none"> <li>• Streamline body position.</li> <li>• Co-ordination.</li> <li>• Floating &amp; balance.</li> </ul>	<ol style="list-style-type: none"> <li>1. Holding the poolside, rail or woggle, submerge completely under the water and blow bubbles.</li> <li>2. Float for a minimum of 15 seconds.</li> <li>3. Swim 20 metres using any style.</li> <li>4. Perform ONE of the following three exercises: <ol style="list-style-type: none"> <li>a. Recover an object from chest depth water.</li> <li>b. From a push and glide, change body position from supine to prone OR prone to supine.</li> <li>c. Propel a floating object for a distance of 2 metres.</li> </ol> </li> </ol>

<b>Rock hopper 8</b>	
Teaching Objectives	Learning Outcomes
<p><b>Reinforce</b></p> <ul style="list-style-type: none"> <li>• Skills learnt in previous awards.</li> </ul> <p><b>Introduce</b></p> <ul style="list-style-type: none"> <li>• Swimming unassisted.</li> <li>• Swim holding an object.</li> <li>• Rotate in the water.</li> </ul> <p><b>Develop</b></p> <ul style="list-style-type: none"> <li>• Floating.</li> <li>• Stamina.</li> <li>• Retrieving objects.</li> <li>• Rolling from one position to another.</li> </ul>	<ol style="list-style-type: none"> <li>1. Submerge the face and exhale under the water 4 times.</li> <li>2. Float in a relaxed manner for 20 seconds.</li> <li>3. Swim 25 metres using any style.</li> <li>4. Perform TWO of the following four Exercises; <b>pupils choice.</b> <ol style="list-style-type: none"> <li>a. Recover an object from the pool bottom, from a swimming position.</li> <li>b. Swim 10mtrs on front, roll onto back and swim 10 meters. Regain feet or secure a safe position at poolside.</li> <li>c. Swim 25 meters to a floating object and return with the object to the starting position.</li> <li>d. Rotate on the surface of the water (as a turntable) with the body sitting or lying back, for two complete revolutions by using the hands and/or feet.</li> </ol> </li> </ol>

<b>Rock hopper 9</b>	
Teaching Objectives	Learning Outcomes
<p><b>Reinforce</b></p> <ul style="list-style-type: none"> <li>• Skills learnt in previous.</li> </ul> <p><b>Introduce</b></p> <ul style="list-style-type: none"> <li>• Floating vertically.</li> <li>• Towing a subject.</li> </ul> <p><b>Develop</b></p> <ul style="list-style-type: none"> <li>• Stamina on front and back.</li> <li>• Towing an object.</li> <li>• Rolling from one position to another.</li> <li>• Retrieving an object from the bottom of the pool.</li> </ul>	<p><b>Demonstrating the ability to:</b></p> <ol style="list-style-type: none"> <li>1. Submerge the face and exhale under the water six times.</li> <li>2. Perform ONE of the following TWO exercises; pupil's choice. <ol style="list-style-type: none"> <li>a. Float for 30 seconds without limb movement.</li> <li>b. Maintain a vertical position in the water for 60 seconds.</li> </ol> </li> <li>3. Perform ONE from the following TWO exercises; pupils' choice. <ol style="list-style-type: none"> <li>a. Swim 100 meters in the prone position and 25 meters in the supine position.</li> <li>b. Swim 100 meters in the supine position and 25 meters in the prone position.</li> </ol> </li> <li>4. Perform THREE from the following FIVE exercises; pupils' choice. <ol style="list-style-type: none"> <li>a. Enter the water unaided and recover to a swimming position. Swim a distance of 10 meters then leave the water unaided.</li> </ol> <p><i>Steps may be used for both entry and exit.</i></p> <ol style="list-style-type: none"> <li>b. Recover an object from the bottom of the pool , from a swimming position, in chest deep water.</li> <li>c. Tow an able bodied subject a distance of 10 meters.</li> <li>d. Swim 25 meters and show the ability to change position from prone to supine and back again.</li> <li>e. Swim 25 meters and show the ability to change position from supine to prone &amp; back again.</li> </ol> </li> </ol>