Sandbach Leisure Centre School Swimming Award Level Criteria

Award 1

* answer 2 water safety questions
* enter the pool safely
* move 5 metres
* jump up and down
* 5M front crawl kick
* blow bubbles
* float with aids
* exit pool safely

Award 2

* scoop water wash face
* 5M front and back with aids
* push and glide on front and back
* attempt treading water with aids
* perform a log roll front to back
* 5M front paddle unaided
* 5m back paddle unaided

Award 3

* 5M on front, roll and 5M on back unaided
* 10M front crawl kick blowing bubbles
* attempt breaststroke legs on back with aids
* attempt front crawl arms
* attempt back crawl arms
* perform a star float for 5 seconds
* jump in safely
* perform a shout and signal rescue

Award 4

* jump in, swim 5M on front, tuck rotate and return on back
* swim 10M front crawl attempting side breathing
* swim 10m backstroke
* tread water for 10 seconds
* fully submerge to pick up an object
* swim 5M breaststroke (aids may be used)
* perform dolphin kick
* perform a mushroom float for 3 seconds

Award 5

* swim 10M front crawl (RYTHMICAL BREATHING)
* swim 10M backstroke
* swim 10M breaststroke
* scull for 5M
* attempt butterfly arms
* perform a surface dive
* swim 25M (RECOGNISED STROKE. UNAIDED)
* jump in, tread water for 20 SECS, swim 5M, turn and swim back, climb out