



Landywood Primary School Swimming Awards

YELLOW	Make a safe entry from sitting into the water
	Submerge shoulders under water
	Blow bubbles
	Walk across the width of the pool
	Swim 5metres using swimming aids
LIGHT BLUE	Swim 1 width using a float
	Jump in
	Submerge face in the water and blow bubbles
	Climb out using the steps safely
RED	Swim 1 width on front using a float
	Swim 1 width on back using a float
	Front glide, from a push off to a standing position
	Horizontal floating position for 5 seconds
ORANGE	Swim 1 width on front
	Swim 1 width sculling on back using backstroke leg kick
	Mushroom float
	Retrieve a brick from the shallow end
	Back glide, from a push off to a standing position
LIGHT GREEN	Swim 1 width using lifesaving kick with 2 floats
	Swim 5metres breast stroke leg kick, using 2 floats
	Float on back
	Star float, face down
	Tread water for 10 seconds
	Swim through a submerged hoop
BLACK	Jump into deep water
	Swim 1 length using a recognisable stroke (not doggy paddle)
	Swim on front 5metres, perform 180° roll and continue on back for a further 5metres
	Tread water for 30 seconds to include a full rotation
	Surface dive, head first in shallow water
	Sitting dive into deep water
	Swim 1 length using lifesaving back kick
	Get out of shallow water without using steps
CLARET	Half a length breast stroke, good style
	Swim 1 length back crawl, good style
	Swim half a length front crawl, good style, correct breathing
	Tread water for 1 minute, showing 2 180° turns
	Standing dive
	Surface dive, feet first, from treading water
	Use a straddle entry into deep water
DARK BLUE	Swim 1 length front crawl, good style
	Swim 1 length breast stroke, good style
	Swim 1 length back crawl, good style
	Swim under water for 5metres
	Tread water for 90 seconds with one arm out of the water raised above head
	Perform a forward somersault using a push and glide
DARK GREEN	Swim 5 lengths using 3 strokes in good style, no rest allowed
	Tread water for 2 minutes, one hand behind back
	Racing dive and swim one length in 20 seconds
	Scull 10metres to a floating object
	Show H.E.L.P position with a float
GOLD	Swim 5 lengths, using 2 strokes, wearing pyjamas - no rest allowed
	Undress without touching wall in the deep end. Throw clothes on to the side.
	Surface dive in the deep end and then swim under water for 3 metres to pick up a brick
	Tread water for 1 minute with both hands behind back
	Perform a back somersault from a back push and glide or from a swimming position
	Perform a reach rescue using a piece of clothing
	Huddle position performed