

Swimming progression of skills – we follow the ASA school swimming awards syllabus

Water confidence	Enter and exit the water safely	Move forwards, backwards and sideways for a distance of 5m	Scoop the water onto face, wash hair, be at ease being showered	Blow bubbles with nose and mouth submerged	Take part in a game	Fully submerge to retrieve objects						
Swimming technique	Move into a stretched floating position using aids or support	Push and glide into a horizontal position to/from the pool wall	Travel on the back and front for 5m	Push and glide from wall to pool floor	Push and glide with arms extended and log roll onto front from back and vice versa	Travel on the front, tuck to rotate and return on back	Travel 10m on front and back	Kick 10m backstroke, front crawl <b>and</b> butterfly/breaststroke (1 item of equipment optional)	Swim 10m unaided (choice of stroke optional)	Swim 25m, choice of stroke optional		
Aquatic skills	Regain an upright position from floating on front and back (aids may be used)	Perform a rotation from front to back to gain an upright position	Perform a rotation from back to front to gain an upright position	Perform a tuck float for 5 seconds	Perform a sequence of changing floating shapes	Perform a horizontal stationary scull	Perform a 5m horizontal scull on back, both head first and feet first	Tread water for 30 seconds	Perform a handstand and hold for 3 seconds	Perform a forward summersault, tucked in water	Participate in a game of mini polo	Perform a movement sequence incorporating a number of different skills- i.e. sculling, floats, rotations
Self-rescue skills	Demonstrate an action for getting help	Exit water safely without using steps	Shout out and signal rescue	Tread water for 30 seconds	Swim 10m in clothes	Float or scull waving one arm and shouting for help	Swim 25m to a floating object	Take up the help position	Swim 10m holding a floating object	Take up the huddle position	Swim using a survival stroke to the side	
Water-safety knowledge	Demonstrate an understanding of pool rules	Recognise and understand beach flags	Have an understanding for the water safety code	Answer 3 questions correctly on the water safety code								