



Award 1	Award 2	Award 3	Award 4	Award 5	Award 6	Safe Self Rescue	Aquatic Skills
Enter the water safely	Enter the water safely.	Jump in from poolside and submerge (minimum depth of 1 metre).	Jump into the water, submerge, surface and swim back to the point of entry (minimum depth 1 metre).	Jump into the water, submerge, surface and swim back to the point of entry (at least full reach depth).	Perform three different shaped jumps into deep water (to include a straddle jump).	Enter the water using a fall in entry.	Enter the water safely.
Move forwards, backwards and sideways for a distance of 5 metres, feet may be on or off the floor.	Move from a horizontal floating position on the front and return to standing.	Fully submerge to pick up an object.	Push and glide towards the pool floor with arms extended.	Perform a horizontal stationary scull on the back.	Perform a head first scull for 5 metres.	Float on the back or scull.	Submerge to pick up an object from the bottom of the pool (full reach depth).
Scoop the water and wash face, be comfortable water showered from overhead.	Move from a horizontal floating position on the back and return to standing.	Perform a tuck float and hold for five seconds.	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface.	Kick 10 metres backstroke.	Two out of the following three must be completed:* a. Swim 10 metres front crawl. b. Swim 10 metres backstroke. c. Swim 10 metres breaststroke.	Tread water for 20 seconds with one arm in the air and shout for help.	Swim 25 metres (choice of stroke is optional).*
Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.	Push and glide on the back in a horizontal position from the pool wall.	Push from a wall and glide on the front with arms extended.	Push and glide on the front with arms extended and log roll onto the back.	Kick 10 metres front crawl.	Tread water for 30 seconds.*	Swim 15 metres on the front, rotate and swim 15 metres on the back to a floating object*.	Swim 50 metres (choice of stroke(s) may be used).*
Take part in a movement games.	Travel on the back for 5 metres.	Push from a wall and glide on the back (optional with arms extended).	Push and glide on the front with arms extended and log roll onto the front.	Kick 10 metres butterfly or breaststroke on the front or on the back.	Perform a handstand or forward somersault, tucked in the water.	Take up the Heat Escape Lessening Position (H.E.L.P.).	Participate in a game of mini-polo.
Give examples of two pool rules.	Travel on the front for 5 metres.	Perform a rotation from the front to the back, then return to standing.	Travel 5 metres on the front, perform a tuck to rotate onto the back and return to the side.	Travel on back and log roll 180 degrees in one continuous movement onto front.	Swim 25 metres* (choice of stroke optional).	Swim 10 metres retaining a floating object.	Discuss in your group the tactics and skills used and evaluate them.
Recognise and identify the purpose of beach flags.	Float on the back.	Perform a rotation from the back to the front, then return to standing.	Travel 10 metres on the front with feet off the pool floor.	Travel on front and log roll 180 degrees in one continuous movement onto back.	Swim 10 metres wearing clothes - as a minimum T-shirt and shorts.*	Take up the Huddle position.	Exit the water safely.
Exit the water safely.	Know how to signal for help.	Identify an open water hazard near your home or school.	Travel 10 metres on the back with feet off the pool floor.	Give two examples of where it is safe to swim and why.	Exit deep water without the use of steps.	Swim using a long arm front paddle (survival stroke) to the side*.	
	Exit the water safely.	Exit the water safely.	Perform a 'shout and signal' rescue. Explain how you would get help.	Exit the water safely.		Climb out from water of at least full reach depth without using the steps.	
			Exit the water safely without using steps.			Discuss as a group when these skills might be used to self-rescue in different water based situations.	

Outcomes with blue text meet the requirements of safe self-rescue
Outcomes with a red asterisk* meet the requirements of "Use a range of strokes effectively"