

2021-22	AWARDS	
Aids can be used	Star Fish Award	
	Move for a distance of 5 metres - front, back and sideways	
	Move into a stretched floating position and return to standing	
	Rotation f-b and b-f	
No aids to be used	<u>Whale Award</u>	
	10m Front Crawl - Recognised Stroke	
	10m Back Stroke - Recognised Stroke	
	10m Breaststroke - Recognised Stroke	
No aids to be used	Distances / Dolphin Award	
	5m Front	
	5m Back	
	10m Front	
	10m Back	
	<u>25m Front</u>	
	<u>25m Back</u>	
	50m Front	
	50m Back	
No aids	<u>Shark Award</u>	
	<ol style="list-style-type: none"> 1. Fall / jump in 2. Regain upright position 3. Float on back in a star fish for 5 seconds (shouting for help) 4. Regain upright position 5. Swim to the side 6. Climb out 	
	*to be completed in one sequence**	
	Answer 3 questions on water safety	
	Key Skills	
	Jump In	
	Submerge to pick up an object	
	Push and Glide	
	Dolphin Kick	
	Surface Dive (head or feet first)	
	Sculling	

* 2 out of 3 needed to achieve award

* only one needs to be completed to pass 25m