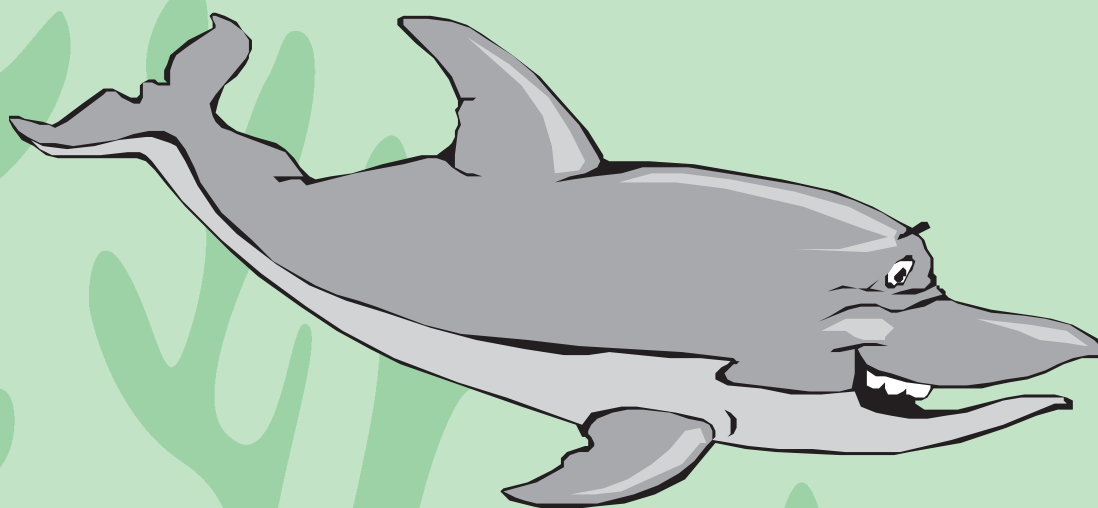


Congratulations

This is to certify that

has successfully completed the



Grade 5

National Curriculum Programme for Swimming

Issued by

Position

Date

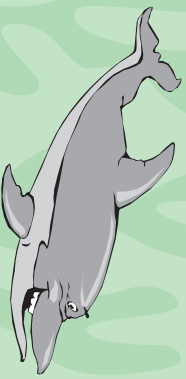


Derby City Council

Swimming Awards For Derby Schools

Revised in 2003 to incorporate the National Curriculum Requirements

Swimming and techniques to be taught and achieved at the swimming pool



School based preparation and follow up work on water safety

| Grade 3 | Grade 4* | Grade 5 | Grade 6 |
|--|---|---|---|
| Enter safely into water at shallow end | Jump safely into the water, feet first. Explain why a head first entry could be dangerous | Entry using a straddle jump and explain why such a jump would be necessary | Extra clothing: <ul style="list-style-type: none"> Boys - swimwear, shirt and trousers Girls - swimwear, blouse and skirt/trousers |
| Scull 5m. Try head/feet first | Scull 5m, rotate 360°, scull 5m. Try it starting feet first and head first | Tread water, with one hand in air, for one minute and demonstrate ability to rotate | Jump into water of at least full reach depth and swim 50m wearing clothes. Changes of stroke can only occur at the completion of a length of the pool |
| Submerge, head first, and retrieve object | Swim under water for a distance of 3 to 5m | Swim 25m front crawl, demonstrating correct arm action, breathing and leg kick | Climb out of the pool unaided without the use of steps and retrieve extra clothing |
| Swim 10m on front crawl, 10m back crawl and 5m breast stroke | Swim 25m in two recognised strokes - 25m of each and be able to describe the technique involved | Swim 25m back stroke showing good body position and correct arm/leg action. Suggest a way in which a partner can improve their stroke | Surface dive from swimming and retrieve, carry and land a non-floating object, having swum with it a distance of not less than 8m on the back |
| Tread water for 20 seconds in shoulder depth water | Tread water for one minute in water 'out of swimmer's depth' and say why this is an important skill | Swim 25m breast stroke demonstrating co-ordinated arm, leg and breathing technique | Surface dive from swimming and swim not less than 3m under water |
| Demonstrate stationary scull for tiredness | Perform a reach and throw rescue from poolside and explain to a partner how to do this | Adopt HELP position for two minutes and explain when this would be used | Swim for 200m using two different strokes, a minimum of 50m by any one |
| Suggest ways of improving their own performance | Demonstrate knowledge of risks of different types of water | Demonstrate the ability to perform a head first and feet first surface dive to pick up an object | Be able to answer questions on the importance of personal survival skills and explain the hazards of deep water |

*National Curriculum level 4 is achieved within this grade