

Congratulations

This is to certify that

**has successfully completed the
Grade 1**

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

Water Confidence		Grade 1	Grade 2
Enter water unaided.		Enter water unaided.	Safe shallow water entry
Walk round holding rail.		Push and glide on front or back.	Push and glide on front and back, showing good horizontal position.
Splash face and head.		Blow bubbles, head under water.	Sit on bottom and blow bubbles.
Move away from the side - walk, forward and backwards, jump, hop.		Swim 5m, on front or back, unaided.	Swim 10m on front and back.
Face in water and blow bubbles		Float for 5 seconds on front or back.	Swim 5m on front, roll over and swim 5m on back.
Feet off bottom and regain standing position from front and back with aids. Explain why you need to be able to do this.		Listen and follow instructions.	Mushroom float for 5 seconds.
Travel 5m, feet off bottom, with aids.		Explain one of the rules of the pool and say why it is needed.	Be able to identify a good 'push and glide' action and suggest one way to improve your own performance.
Listen to instructions.		Be able to say why physical activity is good for you.	Awareness of others.

**Swimming and techniques to be taught and achieved at the swimming pool.
School based preparation and follow up work on water safety.**

