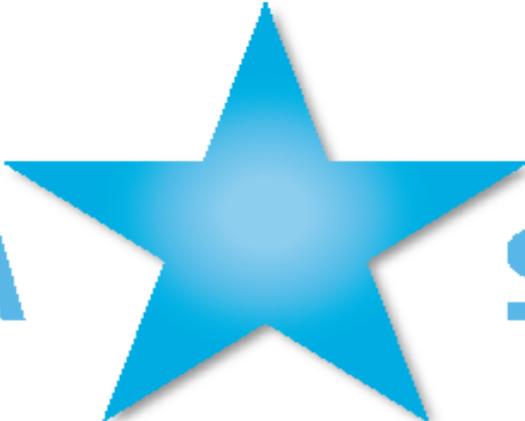




BUCKINGHAMSHIRE

SWIM  STAR
AWARDS

CONFIDENT - CHALLENGED - MOTIVATED - SUCCESSFUL SWIMMERS!



Awards Criteria



Bucks Swim Star Award 1

(Swimming aids/support can be used)

Criteria	Relevant TOPS Resource Card
Get into and out of the pool safely and unaided; e.g. swivel entry/via steps	Getting wet; Other ways of getting in and out
Find ways to lift both feet off the bottom of the pool simultaneously; i.e. to make shapes, holding the rail if required	Getting wet; Starting to move
Wade 5m towards the side of the pool	Starting to move
Play games which include moving through the water using a variety of movements, i.e. run, skip, hop, jump in a variety of directions (minimum of 5m)	Getting wet; Starting to move; Travelling and submerging; Legs and feet
Walk the width of the pool ensuring shoulders are under the water	Getting wet; travelling and submerging
Blow a floating object or toy for 5m (using several breaths), either walking or kicking	Travelling and submerging
Throw and catch soft objects to a partner or small group	Mini Polo 1
Experience travelling (walking or swimming), wearing clothing in the water	Personal Survival
Answer 3 questions related to water safety (see accompanying notes for examples)	Personal Survival



Bucks Swim Star Award 2

(Swimming aids/support can be used)

If pupils do not achieve KS1 requirements or have not had the opportunity to swim, this is the starting point for KS2

Criteria	Relevant TOPS Resource Card
Show your partner how to make a safe shallow water entry	Getting wet; Other ways of getting in and out
Climb out of the pool at the side or using the steps	Getting wet; Other ways of getting in and out
Undertake push and glide challenges to and from the wall, some may push and glide without aids	Starting to move; moving on
Perform a back glide with arms by the side and stand	Starting to move; moving on
Travel through the water on front with feet off the ground for 5m; e.g. Shopping Game	Travelling and submerging; legs and feet
Demonstrate basic arm and leg stroke, alternating simultaneously either on front or back	Front and back crawl
Blow an object with the mouth in the water	Travelling and submerging
Float on front or back and stand back up. Shape suggestions include pencil, star, letter, mushroom	Introducing synchronised swimming
Submerge the whole face under the water	Starting to move; travelling and submerging
Complete a Personal Survival Scenario which may include: <ul style="list-style-type: none"> • Shout and wave for help and attract attention • Stand in shallow water with clothing completely wet • Keeping shoulders under the water, remove clothing (feet may touch the floor) 	Personal Survival
In standing depth, throw one handed, catching the ball with 2 hands	Mini Polo
Answer 3 questions related to water safety (see accompanying notes for examples)	Personal Survival; dry rescue skills; wet application of dry rescue skills



Bucks Swim Star Award 3

(Without aids/support, unless specified)

Criteria	Relevant TOPS Resource Card
Perform a safe shallow water entry and exit	Getting wet; Other ways of getting in and out
Push and glide from the wall, maintaining a streamline ('hands on') position	Starting to move; moving on
Swim a distance of 5m front and back without stopping	Moving on; Legs and feet; front and back crawl
Swim 5m, roll onto back without touching floor, swim a minimum of 3 strokes	Moving on; hands and arms
Demonstrate 2 floats on front and stand back up – choose from: pencil, star, letter, mushroom, another	Starting to move
Submerge, blowing into the water at the same time	Travelling and submerging
Jump into water at least minimum 0.9m (check appropriate depths; NB dependent on size/height of child)	Other ways of getting in and out
Demonstrate simple sculling action, some may be able to scull and travel	Hands and arms; Introducing synchronised swimming
Take off wet clothing and tie two articles together	
In shoulder depth, throw one handed, catching the ball with 2 hands	Mini polo 1
Answer 3 questions related to water safety (see accompanying notes for examples).	Personal Survival; wet application of dry rescue skills



Bucks Swim Star Award 4

(Without aids/support, unless specified)

Criteria	Relevant TOPS Resource Card
Demonstrate a safe swivel entry and exit (most will not need to use the steps)	Getting wet; Other ways of getting in and out
Perform a front glide with arms extended and the face in the water, over at least 2 metres, and stand up	Starting to move; moving on
Swim 5m Breaststroke action leg kick with feet turned out	Breaststroke
Swim 5m Dolphin undulating leg action (front or back, surface or underwater)	Butterfly
Swim 5m using alternating kick (e.g. front or back)	Legs and feet; front and back crawl
Swim a distance of 10m without stopping (any stroke)	Activities from front crawl and back crawl and breaststroke cards
Kick 10m on the front or back using legs only, whilst holding a float	Activities from front crawl and back crawl and breaststroke cards
Kicking on front 10m, holding float, showing aquatic breathing (face in water, blowing bubbles/breathing out)	
Hold a 'star' float on the back for 3 seconds and then stand	Starting to move; introducing synchronised swimming
Swim through a sunken hoop (shallow end)	Activity in front and back crawl
Handstand – (optional) must be in water 0.9 minimum	
Pick up a light object from the pool bottom (shallow end), then return it to pool side	
Travel on back 5m using basic sculling action – head first	Hands and arms; introducing synchronised swimming; personal survival
Stand on the side of the pool and throw a buoyant aid (e.g. ball/float/woggle) a distance of 5m to a partner	Wet application of dry rescue skills

Secure partner at side of the pool and shout for help	
Keep feet off the floor, throw and catch with partner (6 passes)	Mini polo 1
Answer 3 questions related to water safety (see accompanying notes for examples)	Personal Survival; wet application of dry rescue skills



Bucks Swim Star Award 5

(Without aids/support, unless specified)

Criteria	Relevant TOPS Resource Card
Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry)	Other ways of getting in and out
Demonstrate a safe exit from shoulder height depth without using steps (shallow tank to demonstrate a safe exit without using steps – pool surround permitting in risk assessment)	Other ways of getting in and out; personal survival
Swim 10m continuously, rolling from front onto the back and back again	Moving on; hands and arms
Be able to kick using a float for 10m using back crawl or life-saving leg kick	Front and back crawl and lifesaving strokes
Kick, using a float for 10m using front crawl or symmetrical leg kick. Some will be able to do both	Front and back crawl
Swim 10m Front Crawl or Breast Stroke continuously using ASA standard	
Swim 10m Back Crawl, using ASA Standard	
From swimming position, pick up a suitable object from the pool bottom (minimum depth 1m); e.g. dive ring or dive stick	Activity in front and back crawl; activity in Butterfly
Demonstrate a mushroom float	Starting to move
Perform a sequence linking 3 different floats	Introducing synchronised swimming
Travel 5m using basic sculling action feet first (on front or back)	Hands and arms; Introducing synchronised swimming
In deep water, tread water for 1 minute	
Show the Heat Escape Lessening Posture	Personal Survival
Maintain a stationary floating position for 10 seconds	Personal Survival
Throw one end of the soft reach aid (clothing or woggle) to partner and tow partner in to the side (Reach Rescue)	Wet application of dry rescue skills

Using Water Polo Front Crawl, travel with a ball, feet off the floor	Mini Polo 2
Answer 3 questions related to water safety (see accompanying notes for examples)	Personal Survival; wet application of dry rescue skills



Bucks Swim Star Award 6

(Without aids/support, unless specified)

Criteria	Relevant TOPS Resource Card
Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry), keeping head above the water	Other ways of getting in and out
Demonstrate a safe exit from full height depth without using steps (shallow tank to demonstrate a safe exit without using steps – pool surround permitting in risk assessment)	Personal Survival
Kick 15m Breast Stroke legs front and back	Breast stroke
Swim a distance of 25m any stroke without stopping, to ASA Standards	Activities from front and back crawl and breaststroke cards
Continuous swim for 50m using any 2 strokes	Activities from front and back crawl and breaststroke cards
Swim a distance of 25m, collecting an object from the bottom of the pool (minimum 1.2m) 'show and drop' (shallow tank – deepest part of the pool)	
Travel 10m on the back, head first, using a sculling action	
Travel 10m on the back, feet first, using a sculling action	Scull and shoot from personal survival card
In deep water, tread water for 1 minute, wave and call for help	
Maintain a stationary position (H.E.L.P) for 2 minutes using a float	Personal Survival
Throw and catch a ball whilst treading water	Mini polo 1 and 2
Using Water Polo Front Crawl, travel with a ball, pick up and pass to a partner	Mini polo 2
Answer 3 questions related to water safety (see accompanying notes for examples)	Personal Survival; wet application of dry rescue skills



Bucks Swim Star Award 7

(Without aids/support, unless specified)

Criteria	Relevant TOPS Resource Card
Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry), keeping head above the water and swim 15m head up Front Crawl or Breast Stroke	Other ways of getting in and out and Personal Survival
Exit from deep water without using steps (shallow tank to demonstrate a safe exit without using steps – pool surround permitting in risk assessment)	Personal Survival
Swim 25m Front Crawl to ASA Standard	
Swim 25m Back Crawl to ASA Standard	
Swim 25m Breast Stroke to ASA Standard	
Swim 10m Butterfly	Butterfly
Swim 100m using any stroke; during the swim, head first or feet first surface dive at designated point and swim 5m underwater	
Complete 1 swimming challenge relating to speed and distance (e.g. swim 1 length – gain a time, then identify how to improve time. Repeat swim and evaluate consider speed)	
Perform a front or back somersault in deep water	
Travel Water Polo Front Crawl and successfully shoot at a target/goal	Mini polo 2
Participate in a Mini Polo game	Mini polo 2
Answer 3 questions related to water safety (see accompanying notes for examples)	Personal Survival; wet application of dry rescue skills

Notes for Personal Survival Activities: pupils should dress in long sleeved and legged light weight clothing

Example Personal Survival questions: