

National Swim Awards Syllabus

National Swim Awards Stage 1

By the end of this stage participants will be able to, with or without aids, Equipment or Support:

1. Enter the water safely*
2. Move forwards for a distance of 5 meters
3. Move backwards for a distance of 5 meters
4. Move sideways for a distance of 5 meters
5. Scoop the water and wash face
6. Be at ease with water showered from overhead
7. Move into a stretched floating position using aids, equipment or support
8. Regain an upright position from on the back with support
9. Regain an upright position from on the front with support
10. Push and glide in a horizontal position to or from a wall
11. Take part in a teacher led partner orientated game
12. Demonstrate an understanding of pool rules
13. Exit the water safely

(13 outcomes)

*There may be use of an assistant

National Swim Awards Stage 2

By the end of this stage participants will be able to, with or without aids, Equipment or Support:

1. ** Jump in from poolside safely
2. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3. Regain upright position from the back without support
4. Regain an upright position from the front without support
5. Push from the wall & glide on the back
6. Push from the wall & glide on the front
7. Travel on the back for 5 meters, aids or equipment may be used
8. Travel on the front for 5 meters, aids or equipment may be used
9. Perform a rotation from the front to the back to gain an upright position
10. Perform a rotation from the back to the front to gain an upright position.

(10 Outcomes)

** Consider Safety requirements regarding depth

National Swim Awards Stage 3

By the end of this stage participants will be able to, without Support:

1. *Jump in from poolside and submerge (min depth. 0.9m)
2. Sink, push away from wall on side and maintain a streamlined position
3. Push & glide on the front with arms extended and log roll onto the back
4. Push & glide on the back with arms extended and log roll onto the front
5. Travel on the front, tuck to rotate around the horizontal axis to return on the back
6. Fully submerge to pick up an object*
7. Answer correctly 3 questions on the water safety code
8. Travel 10 meters on the back
9. Travel 10 meters on the front

(9 Outcomes)

Where participants are physically unable to ever achieve an outcome listed, the award should be granted based on the achievement of the outcomes or a suitable adoption to meet the needs of the individual.

* Consider Safety requirements regarding depth

National Swim Awards Stage 4

By the end of this stage participants will be able to:

1. Demonstrate an understanding of buoyancy*
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4. *** Push & glide from the wall to the pool floor
5. Kick 10 meters backstroke (one item of equipment ** optional)
6. Kick 10 meters front crawl (one item of equipment ** optional)
7. Kick 10 meters butterfly on the front or on the back (one item of equipment ** optional)
8. Kick 10 meters breaststroke on the back (one item of equipment ** optional)
9. Kick 10 meters breaststroke on the front (one item of equipment ** optional)
10. Perform on the back a head first sculling action for 5 meters in a horizontal position
11. Travel on back and roll in one continuous movement onto front
12. Travel on front and roll in one continuous movement onto back
13. Swim 10 meters, choice of stroke is optional

(13 Outcomes)

*Use of different equipment can be used to explain sinking and floating (this can be wet or dry activity)

*** Consider safety requirements regarding depth

****Note: equipment can be used to assist buoyancy**

National Swim Awards Stage 5

By the end of this stage participants will be able to, without aids:

1. Perform a horizontal stationary scull on the back

2. Perform a feet first sculling action for 5 meters whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water* for 30 seconds
5. u Perform 3 different shaped jumps into deep water
6. Swim 10 meters # backstroke
7. Swim 10 meters # front crawl face in the water
8. Swim 10 meters # breaststroke
9. Swim 10 meters # butterfly
10. *** Perform a handstand** and hold for a minimum of 3 seconds
11. *** Perform a forward somersault, tucked, in the water
12. Demonstrate an action for getting help

(12 Outcomes)

*Swimmers can use different methods to achieve the skill including eggbeater kick, which must be performed out of their standing depth

**If participants are in deep water, a vertical hang (feet above head) upside down will be deemed acceptable for assessment purposes

Refer to ASA expected stroke standards

*** Consider safety requirements regarding depth for handstands & somersaults

Action for getting help refers to participant in water treading water and waving one arm above head whilst shouting for help. Participant must appear at ease in performing this activity

National Swim Awards Stage 6

By the end of this stage participants will be able to:

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick & rotate into backstroke
3. Sink, push off on side from the wall, glide, kick & rotate into front crawl
4. Swim 10 meters with clothes on*
5. Swim # front crawl to include at least six rhythmical breaths
6. Swim # breaststroke to include at least six rhythmical breaths
7. Swim # butterfly to include at least three rhythmical breaths
8. Swim 25 meters, choice of stroke # is optional
9. Perform a 'shout & signal' rescue
10. *** Perform a surface dive**
11. Exit the water without using steps

(11 Outcomes)

** 'Surface dives' – for assessment purposes either head first or feet first can be assessed.

Refer to ASA expected stroke standards

*** Consider safety requirements regarding depth for surface dives

National Swim Awards Stage 7

By the end of this stage participants will be able to:

1. Swim 50 meters # backstroke
2. Swim 50 meters # front crawl
3. Swim 50 meters # breaststroke
4. Swim 50 meters # butterfly
5. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills:
Sculling-head first, feet first; rotation – forward/backward somersault, log roll; floating – star on the front/on the back, tuck float**, create own; eggbeater – moving, lifting one or both arms out of the water link skills with strokes and sculls
6. *** Perform a sitting dive
7. Swim 50 meters continuously using one stroke #
8. Swim 200 meters, using a minimum of 3 different strokes* #
9. Tread water using egg beater action for 30 seconds
10. *** Complete an obstacles course (using minimum of 4 objects) with feet off the bottom throughout

(10 outcomes)

** 'Tucked float' – refers to a mushroom float.

Refer to ASA expected stroke standards

*'100 meters / minimum of 3 strokes' – requires a swimmer to complete a full length before changing strokes.

*** Consider safety requirements regarding depth and ability for diving in.