



## BUCKINGHAMSHIRE WATER POLO AWARD CRITERIA

<b>BRONZE</b>	<b>Achieved</b>	<b>Working Towards</b>
Swim 10M head up water polo front crawl controlling the ball		
Demonstrate basic egg beater technique for 30 secs		
Pass a ball to partner with consistency over 2M for 30 secs		
Play a 3 v 3 game, demonstrating dribbling and passing; work as a team		
Identify a skill where they have performed well (1 star, 1 wish)		
Discuss a simple strategy in their team		
Explain an effect on their body of playing a game of mini polo		

<b>SILVER</b>	<b>Achieved</b>	<b>Working Towards</b>
Swim 15M head up water polo front crawl controlling the ball and showing a change of pace		
Swim 15M water polo backstroke showing basic technique		
Pass and receive with a partner as a feeder, moving backwards, left and right after each pass		
Demonstrate basic egg beater technique for 60 secs		
Pass a ball in a group of 3 with consistency over 3M for 10 passes using only one hand		
Pick up a ball and shoot at 5 targets from a distance of 2m		
Play a 5 v 5 game, demonstrating consistency in dribbling, passing and shooting		
Comment on partner's performance (1 star, 1 wish)		
Show they can be fair in competition, gracious in defeat		
Explain 2/3 effects on their body whilst playing a game of mini polo		

<b>GOLD</b>	<b>Achieved</b>	<b>Working Towards</b>
Swim 10M head up water polo front crawl controlling the ball, turn and return to side using water polo backstroke		
Use egg beater kick and sculling to remain horizontal/flat on the surface and move 10 M forward		
Pass and catch with a partner over 3M distance using alternate hands x 10; achieve consistency in passing (6/10 accuracy)		
Pick up a ball and shoot at 5 different targets from a distance of 3m		
Play a game, dominating performance and be able to explain at least one strategy their team employed; describe its success		
Be able to tell their partner what they need to do to improve their technique in at least one skill (this may be in the game)		
Demonstrate that they are a team worker who gives effective praise and encouragement to their peers		
Explain short term/long term health benefits of playing mini polo		

<b>PLATINUM</b>	<b>Achieved</b>	<b>Working Towards</b>
Perform the following sequence showing control and a change of speed: <ol style="list-style-type: none"> <li>1. A horizontal eggbeater leg kick and sculling</li> <li>2. Swim to a designated point to receive a pass</li> <li>3. Dribble to a cone and aim at a target from 3M distance</li> <li>4. Collect ball and swim Water Polo Backstroke controlling the ball back to the side</li> <li>5. Pass the ball to finish sequence</li> </ol>		
Play a water polo game demonstrating at least 3 of the following skills to a good consistent technique whilst under pressure: <ul style="list-style-type: none"> <li>• eggbeater (vertical or horizontal)</li> <li>• water polo front crawl controlling the ball</li> <li>• water polo backstroke controlling the ball</li> <li>• shooting at a target or goal</li> <li>• passing</li> </ul>		
Take a leadership or umpiring role throughout a small sided game		
Demonstrate a number of strategies within their game – explain how successful these were		
Organise their playing area/game area and set up equipment safely		
Suggest ways to make at least one task harder		