



# Bucks Swim Star Awards Criteria





# Bucks Swim Star Award 1

**(Swimming aids/support can be used)**

Criteria	Relevant National Curriculum Activity Card
Get into and out of the pool safely and unaided; e.g. swivel entry/via steps	Safe entries and exits
Find ways to lift both feet off the bottom of the pool simultaneously; i.e. to make shapes, holding the rail if required	Moving around and Getting wet
Wade 5m towards the side of the pool	Moving around
Play aquatic 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)	Moving around, Getting wet, Exploring under the water, travelling around, using hands and arms, stroke cards, Mini polo cards
Walk the width of the pool ensuring shoulders are under the water	Moving around, travelling around
Blow a floating object or toy for 5m (using several breaths), either walking or kicking	Getting wet
Experience travelling (walking or swimming), wearing clothing in the water	Self-Rescue
Demonstrate understanding of the Water Safety Code Explain 2 pool rules	Self-Rescue and Wet and dry rescue skills



## 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 National Curriculum Activity Card
Show your partner how to make a safe shallow water entry	Safe entries and exits
Climb out of the pool at the side or using the steps	Safe entries and exits
Undertake push and glide challenges to and from the wall, some may push and glide without aids	Moving around
Perform a back glide with arms by the side and stand	Moving around
Travel through the water on front with feet off the ground for 5m; e.g. Shopping Game	Travelling around
Demonstrate basic arm and leg stroke, alternating simultaneously either on front or back	Using legs and feet; Using your hands and arms, Front crawl and backstroke
Blow an object with the nose and mouth in the water	Getting wet
Float on front or back and stand back up. Shape suggestions include pencil, star, letter, mushroom	Floatation
Submerge the whole face under the water	Exploring under the water
Complete a Personal Survival Scenario which may include: <ul style="list-style-type: none"><li>• Shout and wave for help and attract attention</li><li>• Stand in shallow water with clothing completely wet</li><li>• Floating on back</li></ul>	Self-Rescue
In standing depth, play an aquatic game	Mini Polo
Demonstrate understanding of the Water Safety Code Describe how to signal for help and make an emergency call	Self-Rescue; Wet and dry rescue skills



## Bucks Swim Star Award 3

(Without aids/support, unless specified)

Criteria	Relevant National Curriculum Activity Card
Perform a safe shallow water entry and exit	Safe entries and exits
Push and glide from the wall, maintaining a streamline position with arms extended	Moving around
Swim a distance of 5m front and back without stopping	Front crawl and backstroke
Swim 5m, roll onto back without touching floor, swim a minimum of 3 strokes	Front crawl and backstroke
Demonstrate 2 floats on front and stand back up – choose from: pencil, star, letter, tuck, mushroom, another	Starting to move
Submerge, blowing into the water at the same time	Exploring under the water
Jump into water at least 1m (check appropriate depths; NB dependent on size/height of child)	Safe entries and exits
Demonstrate simple sculling action, some may be able to scull and travel	Using hands and arms
Play an aquatic game, which may involve passing and catching a ball	Mini polo
Demonstrate understanding of Water Safety Code Explain where it is safe to swim and why. Describe hazards in one body of water and explain how to keep themselves safe.	Self-rescue, Wet and dry rescue skills



## Bucks Swim Star Award 4

**(Without aids/support, unless specified)**

Criteria	Relevant National Curriculum Activity Card
Demonstrate a safe swivel entry and exit (most will not need to use the steps)	Safe entries and exits
Perform a front glide with arms extended and the face in the water, over at least 2 metres, and stand up	Moving around, travelling around
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)	Using your legs and feet
Swim a distance of 10m without stopping (any stroke)	Stroke cards
Kick 10m on the front or back using legs only, whilst holding a float	Stroke cards, Using legs and feet
Kicking on front 10m, holding float, showing aquatic breathing (face in water, blowing bubbles/breathing out)	Stroke cards, Using legs and feet
Hold a 'star' float on the back for 3 seconds and then stand	Floatation, Synchronised Swimming
Swim through a sunken hoop (shallow end)	Exploring under the water
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	Exploring under the water
Travel on back 5m using basic sculling action – head first	Using your hands and arms; Synchronised Swimming
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 and dry rescue skills
Keep feet off the floor, throw and catch with partner (6 passes)	Mini polo
Demonstrate understanding of the Water Safety Code by encouraging another swimmer to swim 5m to the side of the pool, using a shout and signal rescue whilst ensuring their own safety	Self-Rescue and Wet and dry rescue skills



# Bucks Swim Star Award 5

(Without aids/support, unless specified)

Criteria	Relevant National Curriculum Activity Card
Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry)	Safe entries and exits
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)	Safe entries and exits; self-rescue
Swim 10m continuously, rolling from front onto the back and back again	Using hands and arms
Be able to kick using a float for 10m using back crawl or life-saving leg kick	Using legs and feet; Front crawl and Backstroke
Kick, using a float for 10m using front crawl or symmetrical leg kick. Some will be able to do both	Front crawl and backstroke
Swim 10m Front Crawl or Breast Stroke continuously using ASA standard	Front crawl and breaststroke
Swim 10m Back Crawl, using ASA Standard	Backstroke
From swimming position, pick up a suitable object from the pool bottom (minimum depth 1m); e.g. dive ring or dive stick	Exploring under the water
Demonstrate a mushroom float	Floatation; Synchronised Swimming
Perform a sequence linking 3 different floats	Introducing synchronised swimming
Travel 5m using basic sculling action feet first (on front or back)	Using hands and arms; Synchronised Swimming
In deep water, tread water for 1 minute	
Show the Heat Escape Lessening Posture	Self-Rescue
Maintain a stationary floating position for 10 seconds	Floatation; Self Rescue
Throw one end of the soft reach aid (clothing or woggle) to partner and tow partner in to the side (Reach Rescue)	Wet and dry rescue skills

Using Water Polo Front Crawl, travel with a ball, feet off the floor	Mini Polo
Demonstrate understanding of the Water Safety Code by encouraging another swimmer to swim 8m to the side of the pool, using a throw rescue whilst ensuring their own safety Be able to answer questions on their rescue.	Self-Rescue and Wet and dry rescue skills



## Bucks Swim Star Award 6

**(Without aids/support, unless specified)**

<b>Criteria</b>	<b>Relevant National Curriculum Activity Card</b>
Enter deep water (minimum 1.8m depth) with a straddle entry (shallow tank pools, to use a swivel entry), keeping head above the water	Safe entries and exits
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)	Safe entries and exits
Kick 15m Breast Stroke legs front and back	Breast stroke
Swim a distance of 25m using a recognisable stroke without stopping	Strokes
Continuous swim for 50m using any 2 strokes	Strokes
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)	Strokes; Exploring under the water
Travel 10m on the back, head first, using a sculling action	Using your hands and arms
Travel 10m on the back, feet first, using a sculling action	Using your hands and arm; Self rescue
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	Self-Rescue
Throw and catch a ball whilst treading water	Mini polo
Using Water Polo Front Crawl, travel with a ball, pick up and pass to a partner	Mini polo
Answer 3 questions related to water safety, e.g. beach flags; cold water shock	Self-rescue and Wet and dry rescue skills





# Bucks Swim Star Award 7

**(Without aids/support, unless specified)**

Criteria	Relevant National Curriculum Activity 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	Safe entries and exits
Exit from deep water without using steps (shallow tank to demonstrate a safe exit without using steps – pool surround permitting in risk assessment)	Safe entries and exits
Swim 25m recognisable Front Crawl without touching the side of the pool or the pool floor (part of the swim in water greater than shoulder depth where possible); the stroke should look as strong at the end of the swim as the start	Front Crawl
Swim 25m recognisable Back Crawl	Backstroke
Swim 25m recognisable Breast Stroke	Breaststroke
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	Strokes
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
Perform a movement sequence in a group, demonstrating any 4 of the following skills: <ul style="list-style-type: none"> <li>• floating</li> <li>• sculling</li> <li>• treading water</li> <li>• submersion</li> <li>• start/finish position</li> </ul>	Self-rescue
Participate in a Mini Polo game	Mini polo

Undertake a Water Safety Scenario showing an understanding of the Water Safety Code and how to keep themselves safe

Self-rescue and Wet and dry rescue skills