



Swim England Stage 5

By completing this Award, without floatation equipment or support, your child will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.
3. Perform a sculling sequence with a partner for 30-45 seconds including a rotation.
4. Tread water for 30 seconds.
5. Perform 3 different shape jumps in deep water.
6. Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
10. Perform a handstand and hold for 3 seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.