

Congratulations

This is to certify that

has successfully completed the



Grade 4

National Curriculum Programme for Swimming

Issued by

Position

Date

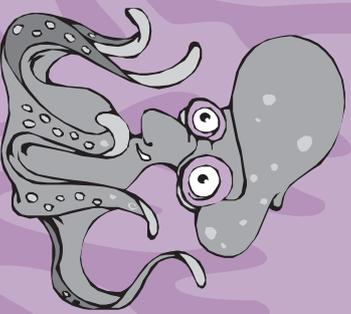


Derby City Council

Swimming Awards For Derby Schools

Revised in 2003 to incorporate the National Curriculum Requirements

Swimming and techniques to be taught and achieved at the swimming pool



School based preparation and follow up work on water safety

Grade 3	Grade 4*	Grade 5	Grade 6
Enter safely into water at shallow end	Jump safely into the water, feet first. Explain why a head first entry could be dangerous	Entry using a straddle jump and explain why such a jump would be necessary	Extra clothing: <input type="checkbox"/> Boys - swimwear, shirt and trousers <input type="checkbox"/> Girls - swimwear, blouse and skirt/trousers
Scull 5m. Try head/feet first	Scull 5m, rotate 360°, scull 5m. Try it starting feet first and head first	Tread water, with one hand in air, for one minute and demonstrate ability to rotate	Jump into water of at least full reach depth and swim 50m wearing clothes. Changes of stroke can only occur at the completion of a length of the pool
Submerge, head first, and retrieve object	Swim under water for a distance of 3 to 5m	Swim 25m front crawl, demonstrating correct arm action, breathing and leg kick	Climb out of the pool unaided without the use of steps and retrieve extra clothing
Swim 10m on front crawl, 10m back crawl and 5m breast stroke	Swim 25m in two recognised strokes - 25m of each and be able to describe the technique involved	Swim 25m back stroke showing good body position and correct arm/leg action. Suggest a way in which a partner can improve their stroke	Surface dive from swimming and retrieve, carry and land a non-floating object, having swum with it a distance of not less than 8m on the back
Tread water for 20 seconds in shoulder depth water	Tread water for one minute in water 'out of swimmer's depth' and say why this is an important skill	Swim 25m breast stroke demonstrating co-ordinated arm, leg and breathing technique	Surface dive from swimming and swim not less than 3m under water
Demonstrate stationary scull for tiredness	Perform a reach and throw rescue from poolside and explain to a partner how to do this	Adopt HELP position for two minutes and explain when this would be used	Swim for 200m using two different strokes, a minimum of 50m by any one
Suggest ways of improving their own performance	Demonstrate knowledge of risks of different types of water	Demonstrate the ability to perform a head first and feet first surface dive to pick up an object	Be able to answer questions on the importance of personal survival skills and explain the hazards of deep water

*National Curriculum level 4 is achieved within this grade