



Swimming Data 2023-24

Year Six Competencies

Swim competently, confidently and proficiently over a distance of at least 25 metres	96%
Use a range of strokes effectively	94%
Perform safe self-rescue in different water-based situations.	97%

Bronze, Silver and Gold award Swimming Award.

	Bronze Award	Silver Award	Gold Award
Year 1	98%	2%	
Year 2	52%	41%	7%
Year 3	13%	18%	69%
Year 4	5%	13%	82%
Year 5	9%	5%	86%
Year 6*	17%	17%	66%

*12 Year Six children participated in top up sessions. 89% of the current Year 6 cohort achieved the Gold Award while in Year 5 (2022-23).

Water Safety Award

	Pass
Year 4	51 (86%)
Year 5	55 (92%)

Appendix – Award Criteria

Bronze

Outcome →	1	2	3	4	5	6	7	8	9	10	11	12
	Enter and exit the water safely	Move forwards, backwards and sideways for a distance of 5 metres, feet may be on or off the floor.	Scoop the water and wash face, be comfortable with water showered from overhead.	Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.	Take part in movement games.	Move from a horizontal floating position on the front and return to standing.	Move from a horizontal floating position on the back and return to standing.	Push and glide on the front in a horizontal position from the pool wall.	Push and glide on the back in a horizontal position from the pool wall.	Travel on the back for 5 metres.	Travel on the front for 5 metres.	Float on the back for 10 seconds

Silver

Outcome →	1	2	3	4	5	6	7	8	9	10	11	12
	Fully submerge to pick up an object.	Perform a tuck float and hold for five seconds.	Push from a wall and glide on the front with arms extended.	Push from a wall and glide on the back (optional with arms extended).	Perform a rotation from the front to the back, then return to standing.	Perform a rotation from the back to the front, then return to standing.	Push and glide towards the pool floor with arms extended.	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface.	Travel 5 metres on the front, perform a tuck to rotate onto the back and return to the side.	Travel 10 metres on the front with feet off the pool floor.	Travel 10 metres on the back with feet off the pool floor.	Perform a star float on the back and hold for 30 seconds

Gold

Outcome →	1	2	3	4	5	6	7	8	9	10	11	12			
	Perform a horizontal stationary scull on the back.	Kick 10 metres backstroke.	Kick 10 metres front crawl.	Kick 10 metres butterfly or breaststroke on the front or on the back.	Travel on back and log roll 180 degrees in one continuous movement onto front.	Travel on front and log roll 180 degrees in one continuous movement onto back.	Perform a head first scull for 5 metres.	Swim 10m of a range of strokes. All three must be completed to tick this box	Front Crawl	Backstroke	Breaststroke	Tread water for 30 seconds.	Perform a handstand or forward somersault, tucked in the water.	Swim 25 metres (choice of stroke optional).	Swim 10 metres wearing clothes - as a minimum T-shirt and shorts.



Ashdene Primary School

Water Safety Award

1	2	3	4	5	6	7	8	9	10	11	12
Enter the water using a fall in entry.	Float on the back or scull.	Take up the Heat Escape Lessening Position (H.E.L.P).	Swim 10 metres retaining a floating object.	Take up the Huddle position.	Climb out from water without using the steps.	Recognise and identify the purpose of beach flags.	Know how to signal for help	Identify an open water hazard near your home or school.	Perform a 'shout and signal' rescue. Explain how you would get help.	Give two examples of where it is safe to swim and why.	Know what the number is to call the Emergency services