

Swimming Achievement Record Sheet: Green (P4)

Teacher's name: _____ Academic year: _____

Location of session: _____ Time of session: _____

Green Standards						
Date student began Green (P4)						
1. Splashes water using hands and feet without assistance						
2. Walk across the pool with assistance from an enabler						
3. Push a floating object using any part of the body						
4. Co-operate with enablers when it is time to exit the pool						
5. Co-operate with enablers when it is time to enter the pool						
6. Move around objects that are in the water						
7. Pushes away objects that they are near to in the water						
8. Hold onto/releases the helper that is in the water assisting them when asked						
9. Submerges their chest and shoulders fully in the water						
10. Explore surroundings when in the water without prompting/assistance						
11. Uses arms/hands to help them move through the water by pushing water away or pulling it to them						
Date Student passed Green (P4)						

Key: **A=Achieved**; **PA= Partly Achieved**; **E= Encountered**;
Date to signify achievement of standard

Achieve 8 out of 11 standards to progress to Blue (P5) Badge

Swimming Achievement Record Sheet: **Blue (P5)**

Teacher's name: _____ Academic year: _____

Location of session: _____ Time of session: _____

Blue Standards						
Date student began Blue (P5)						
1. Blows into a straw making bubbles in the water						
2. Get hands wet and then rubs hands into face						
3. Skip in the water (feet off pool floor) whilst holding a floating device						
4. Enters the water without being hoisted						
5. Stand in turbulent water independently						
6. Walks across the pool holding onto the end of the pool						
7. Push a kickboard from one side of the pool to the other keeping a toy balanced on the kickboard						
8. Scoop water, with alternative hands in the water, for 3 seconds						
9. Push water away, using hands symmetrically, for 3 seconds						
10. Sit in a seated position on the poolside unaided						
11. Pick up objects on poolside and play with them						
Date Student passed Blue (P5)						

Key: **A=Achieved**; **PA= Partly Achieved**; **E= Encountered**;
Date to signify achievement of standard

Achieve 8 out of 11 standards to progress to Indigo (P6) Badge

Swimming Achievement Record Sheet: Indigo (P6)

Teacher's name: _____ Academic year: _____

Location of session: _____ Time of session: _____

Indigo Standards						
Date student began Indigo (P6)						
1. Can blow water away or makes noises in the water						
2. Stand up from floating on back (transversal rotation)						
3. Enter the pool from the side with support from an enabler (hand over hand)						
4. Washes face in the water by using hands to spray water into face.						
5. Stand in the water with turbulence for 10 seconds independently						
6. Float on the water with support from an enabler						
7. Sit in a seated position in the water (knees at a right angle)						
8. Supported, feet off bottom, can moves forwards and backwards						
9. Splash feet from a seated position on poolside with assistance						
10. Walk around the edges of the pool identifying swimming boundary						
11. Participate in a pool based game (e.g. pass a ball/float)						
Date Student passed Indigo (P6)						

Key: **A=Achieved**; **PA= Partly Achieved**; **E= Encountered**;

Date to signify achievement of standard

Achieve 8 out of 11 standards to progress to Violet (P7) Badge

Swimming Achievement Record Sheet: Violet (P7)

Teacher's name: _____ Academic year: _____

Location of session: _____ Time of session: _____

Violet Standards						
Date student began Violet (P7)						
1. Blow bubbles or hum when mouth is under the water.						
2. Rotate from front onto back and stand up (combined rotation) with minimal support.						
3. Enters the water from the side with minimal support from enabler (verbal encouragement)						
4. Hum or blow water whilst water is sprinkled over students head						
5. Kangaroo jump in the shallow end with assistance						
6. Float on the water with support (prone or supine) during turbulence						
7. Move sideways with back to the wall (sagittal rotation)						
8. Monkey along the poolside holding the guard rail (both hands on rail)						
9. Splash feet from a seated position on poolside						
10. Walk in the water and change direction (rotation) with assistance						
11. Play along in follow the leader game (without assistance)						
Date Student passed Violet (P7)						

Key: **A=Achieved**; **PA= Partly Achieved**; **E= Encountered**;
Date to signify achievement of standard

Achieve 8 out of 11 standards to progress to Gold (P8) Badge

Swimming Achievement Record Sheet: **Gold (P8)**

Teacher's name: _____ Academic year: _____

Location of session: _____ Time of session: _____

Gold Standards						
Date student began Gold (P8)						
1. Submerge mouth and blow bubbles for 3 seconds						
2. Walk around the edge of the pool using the side as support						
3. Enter the water unaided						
4. Exit the water unaided						
5. Kangaroo jump for 5 metres without assistance						
6. Float on the water without help for 3 seconds						
7. Side-step for 3 metres (sagittal rotation)						
8. Walk unaided in the water						
9. Splash feet from a seated position on poolside for 10 seconds						
10. Walk in the water and change direction (rotation) without assistance						
11. Play along in Simon Says Game without prompting on movements						
Date Student passed Gold (P8)						

Key: **A=Achieved**; **PA= Partly Achieved**; **E= Encountered**;
Date to signify achievement of standard

Achieve 8 out of 11 standards to progress to ASA Swimming Badge Level 1 (NPTS 1)