



## Time to swim pathway: Swim England Awards



The Swim England Learn to swim framework is used as a guideline for assessing participants in the Time to swim pathway sessions. These assessment guidelines are followed in order to complete the competencies for achieving awards. Children can work towards different awards, each with its own colourful certificate and badge available for purchase at the reception desk of the venues.

### **Discovery Duckling Awards: 1 – 4 Ages 4 months - 2years**

- The pre-school framework is the start of a child's learn to swim experience and these awards are perfect for all pre-school children who are new to swimming lessons.
- Ideal for gaining water confidence while staying close to adult support, these awards are followed by the existing Duckling Awards.

### **Duckling Awards: 1 – 4 Ages 2 - 3 years**

- Duckling Awards are the next step on from the Discovery Duckling Awards.
- They are designed to help preschoolers enjoy learning to swim with help from their parents/guardians.
- These awards are great at promoting increased independence and water confidence to help prepare for Stage 1 of the Swim England Learn to Swim Framework in the DIPPERS Time to swim section of the pathway.

### **Learn to Swim Awards: 1 – 7 Ages 4+ years**

- The Swim England Learn to Swim Framework is about developing confident and competent swimmers through fun and enjoyment.
- It is the most widely known part of swimming lessons for children and is the backbone of swimming lessons for primary school aged children.
- Each of the seven stages of these awards has a clear set of targets for the pupil to meet so they can get to the next stage.
- The competencies within this framework not only teach a child to swim using the four strokes, it also gives them a number of other skills, which when put together, give children the ability to do a range of other water-based sports.
- This framework gives children confidence in their ability to swim and from this comes more enjoyment of swimming, being in the water and the skills and motivation required to lead a healthy and active lifestyle through regular swimming.
- The easiest way for a child to learn a new skill is through fun and games and this framework still has a high focus on having fun and enjoying being in the water. It takes a games-led approach to learning to swim, and gives the core aquatic skills needed to become competent swimmers.
- By learning and then mixing together aquatic skills, a child will be able to understand the processes needed to swim all of the four strokes; front crawl, backstroke, breaststroke and butterfly.

