

Swimmer Stage 1



1. Staying safe near water is very important. Learn how you can stay safe while being in or around water.

You could learn about different places to swim, learn about safety flags on the beach or even some rules about swimming pools.

5. Moving away from the wall can help you feel more confident in the water. Push away from the wall on either your front or back, then glide further into the middle of the pool.

You can do this with or without support from a float.

2. Warming up before swimming helps you move better in the water. Discover ways to stretch your body as part of your warm up before getting in.

6. Floating in the water can help you stay safe, but is also lots of fun. Float on your back or front, with or without support.

3. It's time to get in and have a splash around. Learn how to get safely in and out of the water, with support if needed.

7. Moving through the water helps you get to different places. Swim at least 5 metres with or without support from a float.

You could swim to an adult, to a floating toy or even to the other side of the pool.

4. Swimming can mean that you need to have your head under the water. Take part in an activity to help you build your confidence in getting your hair wet.

You could scoop water over your head or face, blow some bubbles, or dip your head under the water.

8. Being in the water helps build your confidence but is also good fun. Play a game in the water with your friends and practice the skills you've learned.

You could play catch, throw and retrieve an object or have fun with some floats.

**IF YOU HAVE COMPLETED SWIM ENGLAND DISCOVERY
DUCKLING 3 OR STA OCTOPUS 1 YOU CAN GAIN THIS BADGE.
SHOW YOUR CERTIFICATE TO A LEADER.**

Signed by Instructor:

Date: