



CROYDON AMPHIBIANS SWIMMING CLUB SWIM SCHOOL

The Duckling Award Scheme

What is the Duckling Award Scheme

This Award Scheme is primarily designed to introduce young children to the pleasures of being in the water. These Awards have been specifically developed to support the Foundation Level of the National Plan for Teaching Swimming.



Duckling 1

- Make a supervised safe entry with adult support
- Kick 2 metres on the back with adult support
- Float on the back with adult support behind the head
- Blow bubbles at the water surface
- Wet the head without submersion
- Travel without assistance 2 metres to a floating object (it is recommended that a baby seat or other buoyancy aid be used)



Duckling 2

- Make a sitting entry with adult support
- Blow an object for a distance of 2 metres
- Using a baby seat or other buoyancy aid, rotate through 180° without assistance
- Move 5 metres along the rail or wall without assistance
- Travel 3 metres using arms and/or legs without assistance
- Submerge the face with confidence



Duckling 3

- Jump to an adult
- Kick 5 metres on the front holding a float

- Blow bubbles with mouth underwater
- Float on front OR back without support
- Travel 5 metres on front to the side of the pool
- Show a torpedo shape on front OR back when pushed to a partner



Duckling 4

- To jump unaided but supervised into the water
- Submerge completely
- Rotate through 360° either horizontally OR vertically
- Show a mushroom OR star float
- Travel without assistance 10 metres on the front OR back
- Climb out of the water with assistance if required



Duckling 5

- Show the sequence -jump in the water, turn around, swim back to the point of entry and hold the rail or side
- Submerge completely and blow bubbles under the water
- Push and glide achieving a distance of 2 metres on the front or back
- Float on the front or back and regain standing/vertical position
- Swim 5 metres on the front OR back using an over water arm recovery
- Exit safely showing correct use of the ladder (or steps if no ladder available)

