

STA Award Scheme Ages 3+

Early Steps 1

Stanley Awards 1, 2 & 3



For non-swimmers who are dependant on armbands and are able to use floats on their front and back.

The aim of Early Step 1 is to develop water confidence by performing various activities such as a star float, jumping in to the water and open eyes. Helpers will be in the water to assist.

Progression to Early Steps 2 upon successful completion of the 10 point criteria for each Stanley Award. To see the 10 point criteria please visit www.sta.co.uk

Early Steps 2

Stanley Awards 4 & 5



Early Steps 2 is for those who have achieved Stanley Awards 1, 2 & 3.

Children should be able to move 5 metres through the water. Early Steps 2 will begin to develop essential swimming techniques such as treading water and push and glides. A helper will be in the water to assist. Progression to Early Steps 3 upon successful completion of the 10 point criteria for each Stanley Award. To see the 10 point criteria please visit www.sta.co.uk

Early Steps 3

Stanley Awards 6 & 7



Early Steps 3 will complete the Stanley Awards by giving children the confidence and the ability to swim 10 metres unaided and tread water for 10 seconds. The progressive skills taught through the Stanley Awards will allow children a smooth transition on to the next levels. Progression to Goldfish upon successful completion of the 10 point criteria for each Stanley Award. To see the 10 point criteria please visit www.sta.co.uk

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Goldfish

Goldfish Awards 1, 2 & 3



Goldfish Award is the first step in developing swimming and water safety skills. Children enrolling in this lesson should have confidence in swimming unaided and upon completion will be able to swim 15 metres backstroke and be able to use lifesaving backstroke leg kick.

Progression to Angelfish upon successful completion of the 10 point criteria for each Goldfish Award. To see the 10 point criteria please visit www.sta.co.uk

Angelfish

Angelfish Awards 1, 2 & 3



Angelfish Awards further develop necessary swimming and water safety skills. The introduction of dolphin leg kick and butterfly will enhance the child's natural development in the pool. Upon completion of Angelfish awards children will be able to swim 25 metres front and back crawl whilst incorporating correct finishes.

Progression to Shark upon successful completion of the 10 point criteria for each Angelfish award. To see the 10 point criteria please visit www.sta.co.uk

Shark

Shark Awards 1, 2 & 3



The final award for development of swimming and water safety skills. The Shark Awards are designed incorporate and introduce more advanced skills such as starts, turns and finishes whilst enhancing knowledge of water safety. Upon completion children will have learnt correct techniques for rope throwing and be able to comfortable swim 100 metres of a recognised front stroke.

Progression to Advanced Swimmer upon successful completion of the 10 point criteria for each Shark Award. To see the 10 point criteria please visit www.sta.co.uk

Advanced Swimmer

Bronze, Silver, Gold Awards



Upon completion of the swimming development awards: Goldfish, Angelfish and Shark, the automatic progression is to the Advanced Swimmer Awards that are designed for children who wish to further enhance their skills and incorporate them in to a more competitive lesson. The perfect introduction to children contemplating swimming clubs or an alternative to swimming clubs. To see the 10 point criteria for bronze, silver and gold awards please visit www.sta.co.uk