

# Develop diving skills

## Swim England Diving Awards 1-7

**Diving is a fun and exciting sport,  
great for developing fitness, flexibility,  
co-ordination and core strength.**

- There are seven fun Awards to achieve.
- Progress from basic skills to jumps and dives from 1 metre and 3 metre boards.
- Delivered by qualified Swim England coaches.

If your child can swim 25 metres unaided, is happy not wearing goggles and feels confident in deep water, then they are ready to learn to dive!

**Ask us about lessons today.**



# All about the Swim England Diving Awards 1-7

## What are the Diving Awards?

A series of seven fun diving Awards to introduce your child to the basic movement skills of diving and gradually progress to using diving boards. Each award is made up of six or seven skills, starting with jumps and rolls from poolside to falls and dives from 1 metre and 3 metre boards.

Your child will receive a certificate and pin badge when they complete each Award to reward their efforts and motivate them to achieve the next level.

## Who are they suitable for?

Perfect for anyone with an interest in learning a new, exciting aquatic sport. As soon as your child can swim 25 metres unaided and is completely comfortable in deep water, they can start Diving Award 1.

## Why should my child take part?

Diving is a great way to increase water confidence and develop co-ordination, flexibility and strength. And if your child has a background in dance, gymnastics or trampolining, they will find these skills are easy to transfer to diving.

## Lesson delivery

Lessons are delivered in a positive, engaging way, using lots of games, so your child might not even realise they are learning – they just have lots of fun!

Diving is a disciplined sport but this will be introduced gradually, as they listen to instructions and develop awareness of themselves and others. There are elements of personal challenge and bravery too, as they try out new skills. You can look forward to your child having a real sense of personal achievement afterwards.

Don't forget, the lessons have a great social aspect – they can join with their friends and make new ones. They're sure to go home chatting about the new skills they are learning and games they are playing.



[www.swimming.org/diving/getting-into-diving](http://www.swimming.org/diving/getting-into-diving)