

Water Polo Club Awards Outcomes

Water Polo Club Award 1

1. Tread water vertically and comfortably for 30 seconds using eggbeater kick.
2. Maintain a vertical position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
3. Maintain a horizontal position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
4. Perform 5 metre horizontal lateral slides, to the right, return to centre, and then to the left and return to centre.
5. Swim 5 metres head up front crawl.
6. Swim forwards 5 metres whilst controlling a ball in front.
7. In vertical eggbeater, pick up the ball from underneath the surface with alternate hands and bring into a throwing position.
8. Hold a tripod position with a ball for 30 seconds.
9. Play a simple water polo game. Score by placing the ball on the side of the pool and demonstrate skills learnt throughout this Award.

Water Polo Club Award 2

1. Swim 5 metres, receive a ball on the water. Control the ball in front for 5 metres, change direction and swim 5 metres. Change direction to the opposite way, swim 5 metres and then pass to a partner.
2. Swim 10 metres head up front crawl. Stop, change direction and swim 5 metres.
3. Swim 5 metres water polo backstroke.
4. Swim 5 metres water polo head up front crawl. Turn onto back, continue in same direction for 5 metres. Turn onto front and swim 5 metres.
5. Swim 5 metres head up front crawl with breaststroke legs.
6. With a partner, pass and catch a ball accurately with one hand over a 3 metre distance whilst maintaining a strong body position.
7. Swim 10 metres head up front crawl, receive a ball on the water and continue to swim whilst controlling the ball.
8. Swim 5 metres with a ball. Pass the ball to a player and continue to swim for 5 metres.
9. Jump vertically, sideways and forwards.
10. From a static tripod position, mirror block the shooting arm of a partner with a ball. Repeat five times.
11. Mark during a game situation.
12. Understand concepts of long walking and short walking and when to apply in a game situation.
13. Pick up a ball, shoot at a goal from a 2 metre distance. Repeat five times.
14. Play a water polo game, with full rules and goals, and demonstrate skills learnt so far, showing good technique throughout.

Water Polo Club Award 3

1. Swim 10 metres head up front crawl. Stop, receive a ball to hand and pass the ball.
2. Swim 5 metres head up front crawl. Turn onto back and swim water polo backstroke for a minimum of three strokes. Catch a ball, turn onto front and swim a further 5 metres.
3. With a partner, pass and catch a ball accurately with one hand over a 5 metre distance, including passing and receiving in a straight line and diagonally across the body whilst maintaining a strong body position.
4. Swim 10 metres head up front crawl. Turn to receive a ball from behind and continue to swim forwards whilst controlling the ball.
5. Jump vertically to naval height, then sideways and forwards with strong recovery.
6. Pick up a ball, shoot at the goal 10 times from a 3 metre distance, using a minimum of two different shots.
7. From a tripod position, lean into the defender with your shoulder, step out, kick away and pass the ball to the attacker.
8. From a tripod position, mirror block the shooting arm of a partner with a ball whilst moving forwards or backwards. Repeat five times.
9. Perform a ball line press defence tactic during a game situation.
10. Demonstrate long walking and short walking and finish with shot at goal.
11. Jump $\frac{1}{2}$ turn and pass the ball whilst on back.
12. Play a water polo game, with full rules and goals, in deep water, and demonstrate skills learnt so far, showing good technique throughout.