Octopus is the first STA badge series taught at Sixmile Leisure Centre. It is designed for learners aged 5+ to build and develop their confidence, knowledge and skills. On completion of the STA Octopus Award Series, your child will progress to the Goldfish Award Series.

**STA - OCTOPUS AWARD 1**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Move through the water confidently in different ways
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on the front and back
6. Use a woggle or floats to attempt a simultaneous circle action with legs while on the back for 2 metres
7. Travel under a woggle bridge and through a shower created by a watering can
8. Return to standing from a star float on the back
9. Use a woggle or floats to perform a treading water action with legs
10. Exit the pool safely and unassisted
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Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the pool safely with a step or jump
3. Swim 2 metres front paddle, and 2 metres back paddle, unaided
4. Use a woggle to kick across the pool while blowing bubbles
5. Demonstrate front crawl arm action while standing
6. Demonstrate back crawl arm action while standing
7. Push and glide on the front with face in the water
8. Push and glide on the back, arms by the side
9. Use a woggle, rotate from back float to front float and return to a back float
10. Submerge under water and retrieve an object
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**STA - OCTOPUS AWARD 3**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, turn around and swim back to poolside
3. Push and glide into either front crawl or breaststroke for 5 metres
4. Push and glide into back crawl and swim for 5 metres
5. Perform a star float on the front or back and hold for 3 seconds
6. Perform dolphin leg kick on the front or back for 2 metres
7. Scull head first using a woggle
8. Attempt breaststroke
9. Tread water for 10 seconds
10. Swim forward for 2 metres, then roll onto back, swim on the back for 2 metres and roll into a standing position
For those children who have completed their Octopus Award 3, the next series is the STA Goldfish Awards Series. On completion of the Goldfish Award Series, children progress to the Angelfish Awards Series.

**GOLDFISH 1**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water, tread water for 5 seconds, swim to poolside
3. Push and glide, and hold the streamlined position for 5 seconds
4. Push and glide to the bottom of the pool to retrieve an object
5. Swim 5 metres on front, roll over and swim 5 metres on back
6. Perform dolphin leg kick on the front or back for 5 metres
7. Scull head first for 2 metres
8. Scull feet first, using a woggle for support
9. Show rhythmical breathing in front crawl for 10 metres, using a woggle
10. Swim a recognisable breaststroke for 5 metres
For those children who have completed their Octopus Award 3, the next series is the STA Goldfish Awards Series. On completion of the Goldfish Award Series, children progress to the Angelfish Awards Series.

**GOLDFISH 2**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform a back float, tuck to a front float and return to a standing position
3. Scull head first for 5 metres, and feet first for 3 metres
4. Push and glide on the back, tuck, rotate to the front and return to the starting point
5. Swim 10 metres of a recognised front stroke, either front crawl or breaststroke
6. Swim 10 metres of back crawl
7. Swim 5 metres of a recognised front stroke
8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position
10. Enter the water, swim 5 metres on the front, swim to poolside and exit safely
For those children who have completed their Octopus Award 3, the next series is the STA Goldfish Awards Series. On completion of the Goldfish Award Series, children progress to the Angelfish Awards Series.

**GOLDFISH 3**

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform 2 different types of entries and tread water for 15 seconds
3. Swim 15 metres of back crawl
4. Swim 15 metres of a recognised front stroke, either front crawl or breaststroke
5. Swim 10 metres, holding a float under each arm and using lifesaving backstroke leg kick
6. Swim 5 metres, dolphin leg kick on front
7. Swim 5 metres, dolphin leg kick on back
8. Perform a handstand with both hands on the pool floor
9. Perform a float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds
10. Submerge, push and glide on the side, roll to a face down position
For those children who have completed their Goldfish Award 3, the next series is the STA Angelfish Awards Series. On completion of the Angelfish Award 2, children can progress and complete Angelfish 3 and the Shark Awards Series at the Valley Leisure Centre or Antrim Forum.

**STA - ANGELFISH AWARD 1**

**ANGELFISH 1**

Demonstrate the ability to:

1. Be rescued by a reaching aid
2. Perform a straddle entry and tread water for 30 seconds
3. Push and glide into a forward somersault
4. Scull head first for 5 metres, and feet first for 5 metres
5. Swim 15 metres of a recognised front stroke with correct breathing
6. Swim 10 metres of front stroke with correct breathing
7. Swim 20 metres of back crawl
8. Swim 10 metres on the front, using dolphin leg kick
9. Start in a crouch position in the water, spring up and glide to the bottom of the pool and then glide to the surface
10. Swim 5 metres of lifesaving backstroke without aids
For those children who have completed their Goldfish Award 3, the next series is the STA Angelfish Awards Series. On completion of the Angelfish Award 2, children can progress and complete Angelfish 3 and the Shark Awards Series at the Valley Leisure Centre or Antrim Forum.

**STA - ANGELFISH AWARD 2**

Demonstrate the ability to:

1. Be rescued by catching a buoyant aid
2. Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt
3. Swim 5 metres, perform a forward somersault and continue to swim forward for 5 metres
4. Swim 20 metres of a recognised front stroke using a correct touch finish
5. Swim 15 metres of a recognised front stroke using a correct touch finish
6. Swim 20 metres of back crawl using a correct touch finish
7. Swim 5 metres on the back using a double arm action and dolphin leg kick
8. Swim 5 metres on the side using a dolphin leg kick
9. Start in a crouch position in the water, spring up before gliding to the bottom of the pool, tucking and then placing both feet on the bottom of the pool before springing up
10. Swim underwater for 5 metres