STA International Swimming & Water Safety Standards — Early Years

STAnley 2

Teacher _____ Class reference _____

Date/ time _____ Course runs _____ to _____

Pupil	Show an understanding of poolside safety	Enter the water from the poolside safely	Blow bubbles into the water, nose and mouth submerged	Move through the water for 2 metres on front, return to standing position	Move through the water for 2 metres on back using alternating keg action, with eyes looking up, return to standing position	Perform a floating position	Use front paddle action to move across the pool	Push and glide on the back	Roll from front to back, looking at the ceiling	Climb out of the pool safely	Notes/ Distance Awards	Date all skills assessed

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