STA International Swimming & Water Safety Standards — Early Years

STAnley 3

Teacher _____ Class reference _____

Date/ time _____ Course runs _____ to _____

Pupil	Answer a question on poolside safety	Enter the water from poolside, move forward 1 metre then return and exit from the pool unassisted	Hold the rail, trough or poolside, with the face in the water, blow bubbles	Perform a star float on the back and regain feet	Move through the water on the back using an alternating leg action for 5 metres	Move through the water 5 metres on the front using front paddle action	Complete a 360 turntable with feet off pool floor	Roll from the front to back and then stand up	Jump into the water from poolside with hand support from carer	Tread water action with legs on woggle	Notes/ Distance Awards	Date all skills assessed

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