STA International Swimming & Water Safety Standards — Early Years

STAnley 4

Teacher _____ **Class reference** _____

Date/ time _____ **Course runs** _____ **to** _____

Pupil	Answer 2 questions on poolside safety	Swim 5 metres front paddle, tuck and roll onto back, swim 5 metres on back	Hold the rail, trough or poolside, bob up and down and submerge the face 4 times exhaling underwater	Pick up and object from below the water surface	Perform 2 float positions	Push and glide on front and roll onto back	Tread water action with arms and legs	Attempt a circular action of either arms or legs	Jump into pool safely unaided	Climb out of pool safely unaided	Notes/ Distance Awards	Date all skills assessed

© STA 2003. This document may be photocopied for use with the **STA International Swimming & Water Safety Standards**