STA International Swimming & Water Safety Standards — Early Years

STAnley 6

Teacher _____ Class reference _____

Date/ time _____ Course runs _____ to _____

Pupil	Answer 2 water safety questions	Push and glide on front with arms stretched, face in water	Swim through a submerged hoop	Swim 3 metres using a breaststroke type leg action, holding 2 floats or woggle	Swim 2 metres on the front and 2 metres back paddle with a smooth transition in between	Star or pencil jump into the pool, tread water then return to poolside	Hold side of pool, push off on side under water	Swim on front, tuck up and return swimming on back	Swim 5 metres either frontcrawl or backstroke	Using a woggle scull forwards, backwards or in a circle	Notes/ Distance Awards	Date all skills assessed

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