STA International Swimming & Water Safety Standards — Early Years

STAnley 7

Teacher _____ **Class reference** _____

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

Pupil	Answer 3 water safety questions	Perform a star float, slowly change to a narrow float and return to a stat float on either front or back	Push and glide on back with arms stretched then roll onto front	Swim 2 metres dolphin leg kick on the front or back	Tread water for 10 seconds	Swim 5 metres using a frog breastroke type action of the arms and legs	Swim 10 metres front crawl confidently, attempting side breathing	Swim 10 metres on the back confidently	Swim through submerged hoop and retrieve an object	Scull head first using arms only	Notes/ Distance Awards	Date all skills assessed

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