STA International Swimming & Water Safety Standards — Level 5

Advanced Bronze

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Swim 200 metres within 6 minutes using a recognised competition stroke.	Swim 50 metres in 70 seconds.	Swim 6 widths performing front and back tumble turns.	Swim 3 widths breaststroke performing two-handed turns and a finish.	Swim 3 widths butterfly performing two-handed turns and a finish.	Swim 4 x 3 widths individual medley.	Perform a front and a back somersault	Scull 15 metres head first and 15 metres feet first.	Tread water using eggbeater leg action for 1 minute.	25 metres polo crawl with a ball showing just in front of the head **or** synchronised with a partner swim 10 metres breaststroke and 10 metres backstroke.	Notes/ Distance Awards	Date all skills assessed

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