STA International Swimming & Water Safety Standards — Level 6

Advanced Silver

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Swim 400 metres within 10 minutes using a recognised competition stroke.	Swim 100 metres in 2 minutes.	Swim 4 x 50 metre individual medley.	From a back layout perform a tucked back somersault and finish with a back layout.	From a front layout perform a tucked front somersault and finish with a front layout.	Scull 15 metres head first, support scull for 5 seconds and return 15 metres feet first.	Tread water using eggbeater leg action for 90 seconds, (45 seconds x 2 directions).	Tread water, catch a ball, 25 metres polo crawl showing, 3 changes in direction, pass ball to another person or synchronised with another 10 metres front crawl, change direction and, 10 metres backstroke, change direction and, 10 metres breaststroke.	From a front push and glide swim 10 metres underwater in the prone position.	From a back push and glide swim 10 metres underwater in the supine position.	Notes/ Distance Awards	Date all skills assessed

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