STA International Swimming & Water Safety Standards — Level 3

Angelfish 1

Teacher _____ **Class reference** _____

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

Pupil	Be rescued by a reaching aid.	Perform a straddle entry and tread water for 30 seconds.	Push and glide into a forward somersault.	Scull head first for 5 metres and feet first for 5 metres.	Swim 15 metres of a recognised front stroke using correct breathing; *pupil's choice.*	Swim 10 metres front stroke using correct breathing *pupil's 2nd choice.*	Swim 15 metres back crawl.	Swim 5 metres legs only on the front, using dolphin leg kick, without aids.	Start in a crouch position in the water, spring up, pike, glide to bottom of pool then glide to surface.	Notes/ Distance Awards	Date all skills assessed

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