STA International Swimming & Water Safety Standards — Level 3

Angelfish 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Be rescued by catching a buoyant aid.	Perform a straddle entry, tread water for 30 seconds, perform a 360 degree turn in a vertical position whilst wearing a T-shirt. If water too shallow substitute step entry and support scull.	Swim 5 metres perform a forward somersault and continue to swim forward for 5 metres.	Swim 20 metres of a recognised front stroke using a correct finish; *pupil's choice.*	Swim 15 metres of a recognised front stroke using a correct touch finish; *pupil's 2nd choice.*	Swim 20 metres back crawl using a correct touch finish.	Swim 5 metres on the back using a double arm action and dolphin leg kick.	Crouch, spring up, pike, and glide to the bottom of the pool, tuck, place both feet on the bottom of the pool and spring up.	Swim under water for five breaststroke arm pulls.	Notes/ Distance Awards	Date all skills assessed

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