STA International Swimming & Water Safety Standards — Level 3

Angelfish 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Be rescued by catching a rope.	Perform a straddle entry and tread water for 30 seconds whilst wearing a T-shirt. Remove. T-shirt and climb out unassisted. If water too shallow substitute step entry and support scull.	Perform a head first and feet first surface dive or if shallow water perform an underwater push and glide to pool floor.	Scull feet first for 10 metres and head first for 10 metres.	Swim 25 metres back crawl incorporating a correct finish.	Swim 25 metres a recognised front stroke incorporating a correct finish; *pupils choice.*	Swim 20 metres of a recognised front stroke incorporating a correct finish; *pupil's 2nd choice.*	Swim 5 metres butterfly; *not suitable for under 7 year olds.*	Crouch, spring up, pike and glide to the bottom of the pool, place both hands on the bottom and assume a handstand.	Notes/ Distance Awards	Date all skills assessed

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