STA International Swimming & Water Safety Standards

Beaver 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Float in a vertical position without using the legs for 10 seconds.	Start in a supine horizontal float position, hold for 10 seconds, transfer to a vertical float and hold for 5 seconds, return to the supine horizontal float and hold for a further 10 seconds.	Support scull in a sitting tuck position, with the back vertical for 10 seconds.	Push and glide in the prone position through a submerged hoop 3 metres from poolside.	Perform a mushroom float and maintain the position for 10 seconds.	Perform a push and glide and swim through a submerged hoop	Perform a feet first surface dive, tuck and swim through a hoop submerged in water a minimum of 1.3 metres deep.	Notes/ Distance Awards	Date all skills assessed

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