STA International Swimming & Water Safety Standards

Beaver 2

Teacher _____ **Class reference** _____

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

Pupil	Whilst treading water perform the following skills: A) Tread water for 1 minute. B) Rotate 360 degrees. C) Move forward for 1 metre. D) Move to the right for 1 metre. E) Move backwards for 1 metre. F) Move to the left for 1 metre. G) Tread water for 1 minute.	From a back floating position bring knees to chest to form a tub hold for 5 seconds, rotate 360 degrees hold for 5 seconds, return to a back float position.	Push off from the poolside into a front glide, perform a tucked forward roll on to the back and scull headfirst back to the starting point.	Push off from the poolside into a back glide, perform a backward somersault finishing on the back and scull head first for 5 metres.	Perform a supine star float, maintain the position for 5 seconds then slowly convert to a pencil float, maintain this position for 5 seconds and then return to a star float.	Swim Front Crawl for 1 length of the pool performing a somersault every 5 strokes.	Push off from the poolside into a front glide, tuck and roll backwards to a supine position and then scull feet first for 5 metres.	Notes/ Distance Awards	Date all skills assessed

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