STA International Swimming & Water Safety Standards

Beaver 3

Teacher _____ **Class reference** _____

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

Pupil	Tread water for 3 minutes, legs only for the first minute, arms only for the second minute then using both arms and legs but changing to a different leg action for the third minute.	Tread water, use one arm only for the first minute whilst waving the other arm in the air. Turn 360 degrees in a clockwise direction and then in an anticlockwise direction whilst using both arms and legs. Wave both arms in the air whilst using legs only, to tread water for a further minute.	From the poolside submerge and perform a prone push and glide remaining under water for 5 metres.	From the poolside submerge and perform a push and glide on the back remaining under water for 5 metres	Push and glide from the poolside in the supine position and perform a full circle backward somersault whilst keeping the legs straight	Swim Front Crawl for 5 arm pulls, rotate onto the back, swim back crawl for 5 arm pulls, return to the front and repeat for the length of the pool	Scull headfirst for 10 metres in the supine position, perform a front somersault and return to the starting position by sculling feet first	Notes/ Distance Awards	Date all skills assessed

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