STA International Swimming & Water Safety Standards

Beaver 5

Teacher _____ **Class reference** _____

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

Pupil	Swim 20 metres polo crawl with a ball showing control by keeping the ball just in front of the head.	Tread water, throw a ball accurately to a partner 4 metres away using only one hand. Catch the ball when it is returned again using only one hand. Repeat for 5 throws and catches	Use eggbeater leg action, travel sideways balancing a ball in one hand for 5 metres.	Tread water, throw a ball into a ring, hoop or net situated 4 metres away. One hand only should be used when throwing.	Swim 10 metres polo crawl, tread water for 10 seconds, catch a ball with one hand, swim polo crawl with the ball for 10 metres then throw it to a partner 4 metres away	Use eggbeater leg action, travel sideways for 5 metres, catch a ball with one hand, tread water and throw the ball into a ring, net or hoop situated 4 metres away using one hand for the throw.	Tread water, holding a ball above the water, turn 360 degrees, throw a ball to and receive from a partner no less than 4 metres away, repeat this 5 times with good accuracy.	Notes/ Distance Awards	Date all skills assessed

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