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STA International Swimming & Water Safety Standards — First Steps

Finbar 2

Teacher _____ **Class reference** _____

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

Pupil	Answer 2 water safety questions.	Hold a float with 1 hand whilst breathing rhythmically turning the head to the side to inhale and exhaling under the water using a front crawl arm action on the breathing side.	Stand in shallow water or on the poolside demonstrating breaststroke arm action.	Swim 2 metres dolphin leg kick on the front or back.	Swim 10 metres front paddle.	Tread water for 10 seconds.	Swim 5 metres of front crawl or back crawl.	Swim 3 metres using a frog like action of the arms and legs.	Notes/ Distance Awards	Date all skills assessed

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