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STA International Swimming & Water Safety Standards — First Steps

Terence 1

Teacher _____ **Class reference** _____

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

Pupil	Enter the water safely from the sitting position.	Wash the face with both hands.	Move through the water for 2 metres on the front returning to a standing position.	Blow a small object across the water for 2 metres.	Perform a floating position.	Move through the water for 2 metres backwards using an alternating leg action.	Notes/ Distance Awards	Date all skills assessed

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