STA International Swimming & Water Safety Standards — Level 2

Goldfish 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Answer 2 water safety questions.	Perform a step in entry.	Push and glide and hold the glide for 5 seconds.	Pick up an object with both hands from the bottom of the pool from a depth of approximately 1 metre.	Hold a float(s) and swim 5 metres, legs only, in each of the following: back crawl, breaststroke and front crawl.	Swim 10 metres of a recognised stroke; *pupil's choice.*	Perform a push and glide to the bottom of the pool and glide to the surface.	Swim 3 metres dolphin leg kick on the front or back.	Notes/ Distance Awards	Date all skills assessed

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