STA International Swimming & Water Safety Standards — Level 2

Goldfish 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Answer two water safety questions.	Perform a back float, tuck to front float and return to a standing position.	Scull head first for 5 metres and then feet first for 3 metres.	Push and glide on the back, tuck, rotate to the front and swim to the starting point.	Swim 10 metres of a recognised front stroke; *pupil's choice.*	Swim 10 metres back crawl.	Swim 5 metres of a recognised front stroke; *pupil's 2nd choice.*	Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up.	Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position.	Notes/ Distance Awards	Date all skills assessed

© STA 2006. This document may be photocopied for use with the **STA International Swimming & Water Safety Standards**