STA International Swimming & Water Safety Standards

Kingfisher 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Submerge in chest deep water and recover an object from the bottom of the pool using both hands.	Push and glide on the surface and hold the streamlined position for 5 seconds.	Push and glide to the bottom of the pool, glide up holding a streamlined position.	Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up.	Push away from the side of the pool into a handstand.	Push and glide on the surface, pike at hips into a handstand and remain in a stable position for 3 seconds.	Notes/ Distance Awards	Date all skills assessed

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