STA International Swimming & Water Safety Standards

Kingfisher 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Crouch, spring up, then submerge to recover an object from the bottom of the pool.	Crouch, spring upwards into a glide on the surface in the prone position.	Crouch, spring upwards, then submerge to the bottom of the pool and glide up.	Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up.	Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds.	Crouch, spring upwards and backwards into a back glide on the surface.	Perform a back stroke start from the side of the pool.	Notes/ Distance Awards	Date all skills assessed

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