STA International Swimming & Water Safety Standards

Kingfisher 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Perform a sitting dive.	Perform a kneeling dive.	Perform a squat dive.	Perform a crouch dive.	Perform a lunge dive.	Perform a plunge dive.	Perform a racing dive with transition into a prone stroke.	Notes/ Distance Awards	Date all skills assessed

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