STA International Swimming & Water Safety Standards — Level 1

Octopus 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Answer two water safety questions.	Perform a sit and swivel entry.	Push and glide on the front and swim 2 metres; *pupil's choice*. Push and glide on the back and swim 2 metres backstroke.	Swim on the front for 5 metres; *pupil's choice*.	Swim on the back for 5 metres.	Full submersion beneath the surface.	Hold the rail and breathe rhythmically for 6 cycles.	Scull head first for 3 metres.	Identify objects under water.	Perform a mushroom float.	Notes/ Distance Awards	Date all skills assessed

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