STA International Swimming & Water Safety Standards — Level 4

Shark 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Perform a reaching rescue.	Enter the water with a compact jump and swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt and climb out. If shallow water substitute straddle jump or step entry.	Swim 5 metres of a recognised front stroke, perform a head first surface dive and swim 5 metres underwater.	Swim 5 metres, of a recognised front stroke perform a feet first surface dive, tuck and swim 5 metres underwater.	Swim 50 metres of a recognised front stroke; *pupil's choice.*	Swim 25 metres of a recognised front stroke; *pupil's 2nd choice.*	Swim 25 metres Old English back stroke.	Swim 25 metres front crawl demonstrating bilateral breathing.	Perform a kneeling dive; *depth of water permitting*, or if shallow water perform underwater push and glide for 5 metres.	Notes/ Distance Awards	Date all skills assessed

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