STA International Swimming & Water Safety Standards — Level 4

Shark 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Throw a buoyant aid 3 metres to a target point in the pool.	Star jump, swim 10 metres of a recognised stroke, tread water for 1 minute, swim 5 metres, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted. If shallow water substitue straddle jump or step entry.	Swim 75 metres during which the pupil perform two recognised strokes with a smooth transition and the correct turns.	Swim 25 metres using a recognised stroke not undertaken in the 75 metre swim.	Wearing a T-shirt and shorts, swim 20 metres side stroke.	Perform a plunge dive; *depth of water permitting*, or if shallow water perform submerge and swim width of pool or 7 metres.	Swim 4 x 1 width individual medley incorporating the appropriate transition procedure at the end of each stroke.	Notes/ Distance Awards	Date all skills assessed

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