STA International Swimming & Water Safety Standards — Level 4

Shark 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Throw a rope over 5 metres.	Dive or straddle jump in wearing a T-shirt and shorts, swim 25 metres in a recognised stroke, tread water or scull support for 1 minute waving one arm, surface dive, swim 5 metres underwater, surface and remove clothing; depth of water permitting.	Swim 100 metres of a recognised stroke on the front, incorporating the appropriate start, turns, & finish; *pupil's choice.*	Swim 50 metres of a recognised front stroke, incorporating the appropriate start, turns, & finish; *pupil's 2nd choice.*	Swim 100 metres back crawl incorporating the appropriate start, turns, & finish.	Swim 25 metres of a fourth recognised stroke not undertaken in the other tests.	Swim 4 × 1 length individual medley incorporating the appropriate transition procedure at the end of each stroke	Perform a competitive start for two recognised strokes using two different stances that are legal for the depth of water available.	Notes/ Distance Awards	Date all skills assessed

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