

STA International Learn to Swim Programme

Goldfish 1



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|-----------|---------------------------------|
| Teacher | Class Reference |
| date/time | Course runs from _____ to _____ |

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, tread water for 5 seconds, swim to poolside
3. Push and glide, and hold the streamlined position for 5 seconds
4. Push and glide, or swim to the bottom of the pool, to retrieve an object
5. Swim 5 metres on front, roll over and swim 5 metres on back
6. Perform dolphin leg kick on the front and swim
7. Scull head first for 2 metres
8. Scull feet first, using a woggle for support
9. Show rhythmical breathing in front crawl for 10 metres, using a woggle or float
10. Swim a recognisable breaststroke for 5 metres

Learners

Additional Awards/Notes

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STA International Learn to Swim Programme

Goldfish 2



Teacher _____ Class Reference _____
 date/time _____ Course runs from _____ to _____

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform a back float, tuck to a front float and return to a standing position
3. Scull head first for 5 metres, and feet first for 3 metres
4. Push and glide on the back, tuck, rotate to the front crawl or breaststroke. Learner's first choice
5. Swim 10 metres of a recognised front stroke, either front crawl or breaststroke. Learner's first choice
6. Swim 10 metres of back crawl
7. Swim 5 metres of a recognised front stroke, either place feet on the bottom and spring up
8. Push and glide to the bottom of the pool, tuck, seconds, extend to a front float and return to a standing position
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a poolside and exit safely
10. Enter the water with a step or jump entry, swim 5 metres on the front, then swim to poolside and exit safely

Learners

Additional Awards/Notes

| Learners | | | | | | | | | | | Additional Awards/Notes |
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STA International Learn to Swim Programme

Goldfish 3



Teacher _____

Class Reference _____

date/time _____

Course runs from _____

to _____

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform 2 different types of entries and tread water for 15 seconds each time, performed in shoulder-deep water
3. Swim 15 metres of back crawl
4. Swim 15 metres of a recognised front crawl either front crawl or breaststroke
5. Swim 10 metres, holding a float under each arm, using lifesaving backstroke leg kick
6. Swim 5 metres dolphin leg kick
7. Swim 5 metres dolphin leg kick on front
8. Perform a handstand with both hands on the pool floor; performed in chest-deep water
9. Perform a horizontal float on the back and hold for 5 seconds, roll on to the front, hold for 5 seconds, roll to the original back float position and hold for 5 seconds
10. Submerge, push and glide on the side, roll to a face down position

Learners

Additional Awards/Notes

| Learners | Additional Awards/Notes |
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Buoyancy aids may **NOT** be used, unless stated.

Learners may work towards the **15 metre distance award** and **Kingfisher 1 Award**

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