STA International Learn to Swim Programme
Octopus 1

Teacher **Class Reference**

date/time **Course runs from** **to**

LEARNING OUTCOMES

Demonstrate the ability to:

Learners	1. Answer 2 water safety questions	2. Enter the pool safely, steps, ramp, swivel	3. Move through the water confidently in different ways – walk, hop, jump, skip, gallop, march	4. Use a woggle and swim front paddle and back paddle for 5 metres	5. Push and glide on the front and back	6. Attempt a simultaneous circle action with legs while on the back for 2 metres, using a woggle or floats	7. Travel under a woggle bridge and through a shower created by a watering can	8. Return to standing from a star float on the back	9. Perform a treading water action with legs using a woggle (sea horses), or floats	10. Exit the pool safely and unassisted	Notes

Swimming teacher or assistant in water is optional. Buoyancy aids may be used.

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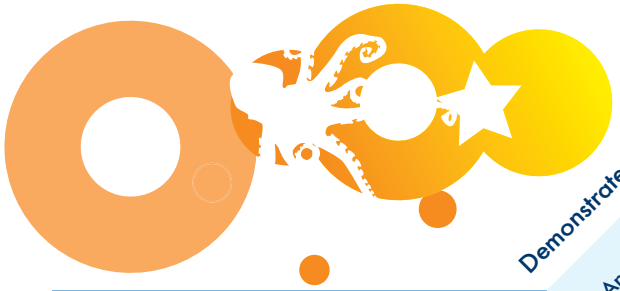
STA International Learn to Swim Programme
Octopus 2

Teacher **Class Reference**

date/time **Course runs from** **to**

LEARNING OUTCOMES



Demonstrate the ability to:

Learners	1. Answer 2 water safety questions	2. Enter the pool safely with a step or jump	3. Swim 2 metres front paddle, and 2 metres back paddle, unaided	4. Use a woggle to kick across pool while blowing bubbles	5. Demonstrate front crawl arm action while standing	6. Demonstrate back crawl arm action while standing	7. Push and glide on the front with face in the water	8. Push and glide on the back arms by the side	9. Rotate from back float to front float, and return back to a back float, using a woggle	10. Submerge under water and retrieve an object	Notes

Swimming teacher or assistant in water is optional. Buoyancy aids may be used.

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STA International Learn to Swim Programme
Octopus 3

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, turn around and swim back to poolside
3. Push and glide into either front crawl or breaststroke for 5 metres
4. Push and glide into back crawl, and swim for 5 metres
5. Perform a star float on the front or back, and hold for 3 seconds
6. Perform dolphin leg kick on the front or back for 2 metres
7. Scull head first, using a woggle
8. Attempt breaststroke – may use a woggle for support
9. Tread water for 10 seconds
10. Swim forward for 2 metres and then roll onto back, swim on the back for 2 metres and roll into a standing position (regaining feet)

Learners											Notes

Swimming teacher or assistant in water is optional. Buoyancy aids may **NOT** be used, unless stated.
Learners may work towards the **5 metre distance award**

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