

STA International Learn to Swim Programme

Angelfish 1



Teacher _____

Class Reference _____

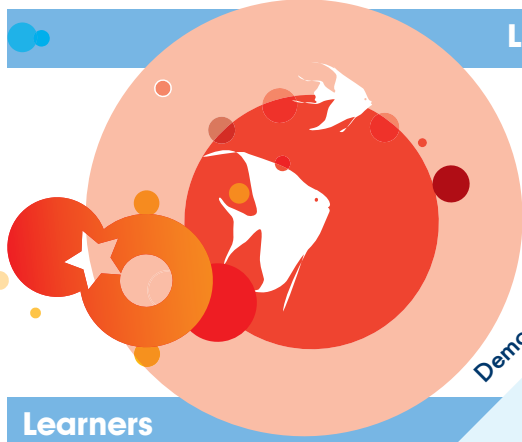
date/time _____

Course runs from _____ to _____

LEARNING OUTCOMES

Demonstrate the ability to:

- 1. Be rescued by a reaching aid
- 2. Perform a straddle entry and tread water for 30 seconds. If water too shallow, substitute step entry and support scull for 30 seconds.
- 3. Push and glide into a forward somersault
- 4. Scull head first for 5 metres
- 5. Swim 15 metres and feet first for 5 metres with correct breathing.
- 6. Swim 10 metres of a recognised front stroke
Learner's choice
- 7. Swim 20 metres of back crawl with correct breathing.
- 8. Swim 10 metres on the front, using dolphin leg kick, without aids
- 9. Start in a crouch position in the water, spring up before gliding to bottom of pool, then glide to surface
- 10. Swim 5 metres of lifesaving backstroke without aids



Learners

Additional Awards/Notes

STA International Learn to Swim Programme

Angelfish 2



Teacher _____ Class Reference _____

date/time _____ Course runs from _____ to _____

LEARNING OUTCOMES

- Demonstrate the ability to:
1. Be rescued by catching a buoyant aid
 2. Perform a straddle entry, tread water for 30 seconds, perform a 360° turn in a vertical position while wearing a T-shirt. If the water is too shallow, substitute step entry and vertical scull for 30 seconds and a 360° turn in a vertical position while wearing a T-shirt
 3. Swim 5 metres, perform a forward somersault and continue to swim forward for 5 metres
 4. Swim 20 metres of a recognised front stroke using a correct touch finish. Learner's choice
 5. Swim 15 metres of a recognised front stroke correct touch finish. Learner's choice
 6. Swim 20 metres of back crawl using a correct touch finish
 7. Swim 5 metres on the back using a double arm gliding to the bottom of the pool and spring up. Perform in chest-deep water
 8. Swim 5 metres on the side using a dolphin leg kick
 9. Swim 5 metres on the back using a double arm gliding to the bottom of the pool and spring up. Perform in chest-deep water
 10. Swim underwater for 5 metres



Learners

Additional Awards/Notes

Learners											Additional Awards/Notes



STA International Learn to Swim Programme

Angelfish 3



Teacher

Class Reference

date/time

Course runs from _____ to _____

LEARNING OUTCOMES

Demonstrate the ability to:

1. Be rescued by catching a rope
2. Perform a straddle entry and tread water for 30 seconds while wearing a T-shirt. Remove the T-shirt and climb out unassisted. If the water is too shallow, substitute step entry and support scull
3. Perform a headfirst and feetfirst surface dive. If in shallow water, perform an underwater push and glide to pool floor
4. Scull feet first for 10 metres
5. Swim 25 metres and head first for 10 metres
6. Swim 25 metres of back crawl using a correct finish incorporating a correct finish
7. Swim 20 metres of a recognised front stroke, a correct finish. Learner's choice
8. Swim 5 metres of butterfly
9. Push and glide into a handstand - incorporating performed in chest-deep water
10. Perform a sitting dive, depending on the depth of water. If in shallow water, perform underwater push and glide, roll onto back while underwater and surface in a back glide

Learners

Additional Awards/Notes

Learners	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	Additional Awards/Notes

