

STAnley 1 Award

First Steps Series



YOU ARE
A STAR!

LEARNING
TO SWIM
WITH
STAnley

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

President

FIRST STEPS SERIES STAnley 1

LEARNING OUTCOMES

Demonstrate the ability to:

1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water 2 metres on the back, roll to regain feet
7. Blow a small object across the pool for 2 metres
8. Travel under a woggle bridge and through a shower created by a watering can
9. Push and glide on the front
10. Exit pool safely

Congratulations!

There are 7 awards in the First Steps Series.

You can now progress to STAnley 2 Award.

