

STAnley5 Award

First Steps Series



LEARNING
TO SWIM
WITH
STAnley

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

D. Cande

President

5

BRILLIANT!
KEEP
GOING

FIRST STEPS SERIES STAnley 5

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 questions on poolside rules
2. Swim 2 metres of front paddle or back paddle, without support
3. Hold 3 different types of floating positions, each for 3 seconds
4. Breathe rhythmically for 4 cycles, either supported or moving
5. Jump or step in from poolside, tread water, turn and swim back to poolside
6. Push off the back and kick with a simultaneous leg action for 5 metres
7. Perform a push and glide on the front, keeping the face in the water and blowing bubbles
8. Retrieve an object from the bottom of the pool
9. Demonstrate front crawl arm action
10. Demonstrate back crawl arm action

Congratulations!

There are 7 awards in the First Steps Series.

You can now progress to STAnley 6 Award.



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