



PRESCHOOL 1/ BOBBER

Name: _____

Instructor Name: _____ Date: _____

Learner Outcomes

Enters into activities enthusiastically	
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Is happy in the water	
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Safety Education and Awareness

Familiar with water safety and knows hazards	
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Basic safety rules and safety sounds	
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Understands difference between floating and sinking objects	
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Understands calling for help	
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Entering and Exiting the Water

Enter water, assisted	
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Exit water	
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Enter using stairs or ladder	
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Enter from side of pool	
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Jumps into chest-deep water, assisted	
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Breath Control

Blows bubbles holding adult or side of pool	
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Puts face in water through progressions	
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Bobs holding adult or side of pool	
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Blows bubbles while bobbing	
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Retrieves object in chest-deep water	
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Holds wall, kicks, blows bubbles	
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Floating and Surface Support

Front float, assisted	
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Back float, assisted	
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Movement Through the Water

Move through chest-deep water	
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Front tow with PFD	
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Front tow kicking legs and moving arms	
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Back tow with PFD	
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Back tow kicking legs and moving arms	
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Front glide, assisted	
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Back Glide, assisted	
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Comments:

Next Level: _____