



PRESCHOOL 4/ DIVER

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

Understands hazards of bodies of water	
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Basic boating safety	
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Entering and Exiting the Water

Jumps into deep water, assisted	
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Jumps into deep water with PFD	
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Jumps into deep water	
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Sitting/kneeling dive, assisted	
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Breath Control

Introduction to side breathing	
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Deep-water bobs	
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Retrieve object from bottom in chest-deep water	
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Floating and Surface Support

Front float to back float	
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Front float and recovery in deep water	
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Back float and recovery in deep water	
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Surface support in deep water, 10 seconds	
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Movement Through the Water

Front glide with kick, 5m	
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Roll from front glide to back float	
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Roll from back glide to front float	
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Side glide with kick, both sides	
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Front glide, roll over, back glide	
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Front glide with kick, deep water, 5m	
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Back glide with kick, deep water, 5m	
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Front swim with arm action, kick 10m	
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Back swim with arm action, kick 10m	
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Comments:

Next Level: _____