



# PRESCHOOL 2/ FLOATER

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

Basic safety rules and safety sounds	
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Understands difference between floating and sinking objects	
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Know how to wear PFDs	
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Understands calling for help	
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## Entering and Exiting the Water

Jumps into chest-deep water wearing PFD	
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Jumps into chest-deep water without PFD	
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## Breath Control

Bobs unassisted	
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Bobs 5 times in chest-deep water	
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Opens eyes underwater	
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Retrieves object with a bob	
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Holds wall, kicks, face in water	
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## Floating and Surface Support

Front float and recovery	
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Back float and recovery with buoyant aid	
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Back float and recovery	
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Surface support, chin-deep water 10 seconds	
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## Movement Through the Water

Front swim with PFD 10m	
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Back swim with PFD 10m	
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Front glide with buoyant aid	
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Front glide	
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Introduction to side glide	
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Back glide with buoyant aid	
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Front glide, kick, face in water 3m with buoyant aid	
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Back glide, kick, 3m with buoyant aid	
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Comments:

Next Level: \_\_\_\_\_