



PRESCHOOL 5/ SURFER

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

Introduction to ice safety	
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Introduction to HELP/huddle positions	
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Introduction to basic reaching assists	
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Entering and Exiting the Water

Sitting/kneeling dive	
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Creative, safe, fun entries	
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Breath Control

Kick, holding buoyant aid, side breathing	
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Retrieve object from deep water	
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Floating and Surface Support

Surface support in deep water 30 seconds	
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Movement Through the Water

Introduction to overarm recovery	
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Front swim with arm action and flutter kick, 15m	
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Back swim with arm action and flutter kick, 15m	
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Front swim 10m, roll over, back swim 10m	
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Swim Skills

Front or back somersault in water	
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Comments:

Next Level: _____