

Preschool Aquatics

Achievement Card

Level 1



Name: _____

Instructor: _____

Date: _____

Location: _____

Skills

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Submerging mouth, nose and eyes
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float to a vertical position
- Roll from front to back
- Roll from back to front
- Treading with arm and hand actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths

Note: All skills are demonstrated with support in this level.

(over)



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(over)



Skills (continued)

- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

Exit Skills Assessment

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim.")

Safety Topics

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket

- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Skills (continued)

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- Simultaneous leg action on back, 2 body lengths
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