



#### Learning Outcomes

1. Identify the teacher
2. Enter the water safely
3. Splash feet at water's surface while supported by wall/ woggle/adult and then return to a standing position
4. Walk forwards, backwards and sideways through the water unaided for 5 metres. If in deeper water, unassisted walking actions may be substituted
5. Move through the water on the front for 2 metres, turn around and move back to start position
6. Move through the water for 2 metres on the back, roll to regain feet.
7. Blow a small object across the pool for 2 metres
8. Travel under a woggle bridge and through a shower created by a watering can
9. Push and glide on the front
10. Exit pool safely

Swimming teacher or assistant in water is optional. Buoyancy aids may be used.



#### Learning Outcomes

1. Show an understanding of poolside safety
2. Enter the water safely from the poolside
3. Blow bubbles into the water, with mouth or nose and mouth submerged
4. Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position
5. Move through the water for 2 metres on the back using an alternating leg action, ears in water and return to an upright/standing position
6. Perform a star floating position on front or back
7. Use front paddle action to move a ball across the pool
8. Push and glide on the back
9. Roll from front to back, looking at the ceiling
10. Climb out of the pool safely

Swimming teacher or assistant in water is optional. Buoyancy aids may be used.