Preschool 2/ Floater

Date:
Time:
Instructor:

Learner Outcomes													
Enters into activities enthusiastically													
Is happy in the water													
Safety Education and Awareness													
Basic safety rules and safety sounds													
Understands difference between floating and sinking objects													
Know how to wear PFDs													
Understands calling for help													
Entering and Exiting the Water													
Jumps into chest-deep water wearing PFD													
Jumps into chest-deep water without PFD													
Breath Control													
Bobs unassisted													
Bobs 5 times in chest-deep water													
Opens eyes underwater													
Retrieves object with a bob													
Holds wall, kicks, face in water													
Floating and Surface Support													
Front float and recovery													
Back float and recovery with buoyant aid													
Back float and recovery													
Surface support, chin-deep water 10 seconds													

Preschool 2/ Floater Continued

Date: Time: Instructor:													
Movement Through the Water													
Front swim with PFD 10m													
Back swim with PFD 10m													
Front glide with buoyant aid													
Front glide													
Introduction to side glide													
Back glide with buoyant aid													
Front glide, kick, face in water 3m with buoyant aid													
Back glide, kick, 3m with buoyant aid													