Preschool 4/ Diver

Date:
Time:
Instructor:

Learner Outcomes													
Enters into activities enthusiastically													
Is happy in the water													
Safety Education and Awareness													
Understands hazards of bodies of water													
Basic boating safety													
Entering and Exiting the Water													
Jumps into deep water, assisted													
Jumps into deep water with PFD													
Jumps into deep water													
Sitting/kneeling dive, assisted													
Breath Control													
Introduction to side breathing													
Deep-water bobs													
Retrieve object from bottom in chest-deep water													
Floating and Surface Support													
Front float to back float													
Front float and recovery in deep water													
Back float and recovery in deep water													
Surface support in deep water, 10 seconds													

Preschool 4/ Diver
Continued

Date:
Time:
Instructor:

Movement Through the Water													
Front glide with kick, 5m													
Roll from front glide to back float													
Roll from back glide to front float													
Side glide with kick, both sides													
Front glide, roll over, back glide													
Front glide with kick, deep water, 5m													
Back glide with kick, deep water, 5m													
Front swim with arm action, kick 10m													
Back swim with arm action, kick 10m													