



Preschool 6/ Jumper

Date:
Time:
Instructor:

Learner Outcomes

Enters into activities enthusiastically

Is happy in the water

Safety Education and Awareness

Boating safety

Entering and Exiting the Water

Standing dive

Breath Control

10 bobs, deep water

Floating and Surface Support

Surface support in deep water 45 seconds

Movement Through the Water

Underwater swim

Front swim, 25m

Front crawl Introduction – coordination of arms and legs

Back swim, 25m

Back crawl Introduction – coordination of arms and legs