

# PRESCHOOL AQUATICS

## Level 1

Instructor: \_\_\_\_\_

Swimmer: \_\_\_\_\_

| <b>SKILLS</b>   | Pass | Needs Improvement |
|---|------|-------------------|
| Enter water using ramp, steps or side   |      |                   |
| Exit water using ladder, steps or side  |      |                   |
| Blow bubbles, 3 seconds   |      |                   |
| Submerge mouth, nose and eyes   |      |                   |
| Open eyes underwater and retrieve submerged objects, 2 times (in shallow water) |      |                   |
| Front glide, 2 body lengths (with or without assistance)                        |      |                   |
| Recover from a front glide to a vertical position (with or without assistance)  |      |                   |
| Back glide, 2 body lengths (with assistance)                                    |      |                   |
| Back float, 3 seconds (with assistance)   |      |                   |
| Recover from a back float or glide to a vertical position (with assistance)     |      |                   |
| Roll from front to back (with assistance)                                       |      |                   |
| Roll from back to front (with assistance)                                       |      |                   |
| Arm and hand treading actions (in chest-deep water)                             |      |                   |
| Alternating leg action on front, 2 body lengths (with assistance)               |      |                   |
| Simultaneous leg action on front, 2 body lengths (with assistance)              |      |                   |
| Alternating arm action on front, 2 body lengths (with assistance)               |      |                   |
| Simultaneous arm action on front, 2 body lengths (with assistance)              |      |                   |
| Combined arm and leg actions on front, 2 body lengths                           |      |                   |
| Alternating leg action on back, 2 body lengths (with assistance)                |      |                   |
| Simultaneous leg action on back, 2 body lengths (with assistance)               |      |                   |
| Alternating arm action on back, 2 body lengths (with assistance)                |      |                   |
| Simultaneous arm action on back, 2 body lengths (with assistance)               |      |                   |
| Combined arm and leg actions on back, 2 body lengths (with assistance)          |      |                   |

| <b>EXIT SKILLS ASSESSMENT</b>   | Pass | Needs Improvement |
|---|------|-------------------|
| 1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (Participants can walk, move along the gutter or “swim.”) |      |                   |
| 2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)          |      |                   |

- COMMENTS -

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