JUMPERS

Learner Outcomes
• Attendance is regular
• Enters into activities enthusiastically
• Is happy in the water
Safety Education and Awareness
• Boating safety
• Introduction to throwing assists, no line
Entering and Exiting the Water
• Standing dive
• Jump from a height
Breath Control
• 10 bobs, deep water
Floating and Surface Support
• Surface support in deep water, 45 seconds
• Deep water games

Movement Through the Water
• Underwater swim
• Front swim 25m
• Introduction to front crawl
• Back swim 25m
• Introduction to back crawl
Swim Skills
• Front glide into somersault
• Sculling 10m
• Finning 10m
• Head-first surface dive
• Foot-first surface dive