



## Duckling 1

By completing this Award your child should be able to:

1. Make a supervised safe entry into the pool with adult support if required.
2. Float on their back with adult support behind the head without floatation equipment.
3. Blow bubbles at the water surface.
4. Wet the head without submersion.
5. Kick 5 metres on back with adult support.
6. Travel without adult support for 2 metres to a floating object.
7. Enter the pool, rotate and return to the side with adult support.
8. Exit the water safely with minimal adult support.