



Duckling 3

By completing this Award your child should be able to:

1. Make a supervised jump to an adult with or without support.
2. Float on the front or back without adult support.
3. Push off on the front or back in a streamlined shape from a supporting adult.
4. Blow bubbles with the mouth and nose underwater.
5. Travel 5 metres on the front to the side of the pool without adult support
6. Kick 5 metres on the front holding a float (the adult may hold the other end of the float).
7. Enter the pool, rotate and return to the side without adult support.
8. Climb out of the water with adult support if required.