



Duckling 4

By completing this Award your child should be able to:

1. Jump into the water unaided, but supervised.
2. Perform a mushroom or star float.
3. Rotate 360 degrees either using a log roll or an upright position.
4. Push and glide achieving a streamlined position on the front or back.
5. Submerge completely.
6. Travel 10 metres on the front or back, without adult support.
7. Jump into the water, turn around, swim back to the point of entry and hold on to the side or rail.
8. Climb out of the water with adult support if require.