



Class Register/Achievement Record



DATE _____

TIME

✓ If achieved, but not consistently.

Sign if consistently performed.

01672SE 08/11

Aquatic Skills Register Outcomes

- Learn to Swim Stage 10 Diving

By the end of Stage 10 participants will be able to :

1. Arm swing forward jump straight from poolside.
2. Back jump tuck from poolside.
3. Back push and glide into back circle.
4. Arm swing forward jump tuck from poolside.
5. Push and glide into forward piked somersault to finish upright.
6. Back tuck roll from poolside.
7. Crouched forward dive with hands grabbed above head to start*.

*This is an optional skill and should only be taught in water of a minimum of three metres depth.

Notes: