

TIME

Sign if consistently performed.

[illegible]

Aquatic Skills Register Outcomes

- Learn to Swim Stage 8 Water Polo

By the end of Stage 8 participants will be able to:

1. Tread water vertically and comfortably for 30 seconds, using eggbeater kick.
2. Maintain a vertical position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
3. Maintain a horizontal position whilst moving forwards, backwards, left and right, using sculling and eggbeater kick for 5 metres.
4. Perform 5 metre horizontal lateral slides, to the right, return to centre and then left and return to centre.
5. Swim 5 metres head up front crawl.
6. Swim forwards 5 metres whilst controlling a ball in front.
7. In vertical eggbeater, pick up the ball from underneath the surface with alternate hands into a throwing position.
8. Hold a tripod position, with a ball, for 30 seconds.
9. Play a simple water polo game, score by placing ball on the side of the pool and demonstrate skills learnt during this stage.

Notes: