



Stage 8 Diving

Class Register/Achievement Record



TEACHER:

TERM

DATE _____

TIME

✓ If achieved, but not consistently.

Sign if consistently performed.

[illegible]

Aquatic Skills Register Outcomes

- Learn to Swim Stage 8 Diving

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

1. Front push and glide with hands grabbed.
2. Back push and glide with hands grabbed.
3. Tuck float to stretch position.
4. Forward somersault in the water.
5. Push and glide into forward tucked somersault to finish upright.
6. Sitting dive with hands grabbed from poolside.
7. Sitting pike line up on dryland.

Notes: