

Pre-School Register Outcomes

- Discovery Duckling 3

By completing this Award, with or without floatation equipment or support, the participant will be able to:

1. Enter the water safely, with full adult support. Swimmers should be encouraged to sit on the side and wait for adult instruction.
2. Float on the back, with full adult support behind the head, shoulders and hips.
3. Reach and grab toys on the water surface.
4. Rotate 180 degrees either using a log roll or an upright position, with full adult support.
5. Move through the water in a streamlined position on the front, with full adult support.*
6. Be at ease with water being showered over the face.
7. Travel on the back using floatation equipment, with full adult support.**
8. Δ Hold the rail or side of pool and move towards the step or ladders using floatation equipment, with full adult support.***
9. Exit the water safely with adult supervision.***

* It will be difficult for young infants to achieve a streamlined position. The teacher should encourage adults to understand the importance of the stretched position for swimming and support a child to achieve their best streamline.

** Travel will be harder for young infants to achieve. The teacher should encourage young children to move with adult support to complete this outcome to an age/ability appropriate standard.

*** Health and Safety elements are incorporated into the Awards to help swimmers work towards being able to safely enter a pool and return to the side of the pool. Teachers should look for age/ability appropriate achievements to complete this outcome.

Δ This is dependent on the design of the pool and down to teacher discretion and age and ability of the child.

Notes: