



## Pre-School Register Outcomes

### - Discovery Duckling 2

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

1. Enter the water safely and comfortably, with full adult support.
2. Float on the back, with full adult support.
3. Splash hands in the water.
4. Complete a 360 degree turn, with full adult support. (The adult should hold the child close to them at first and then at arm's length, the child should be facing away from the adult).
5. Move through the water in a streamlined position on the back, with full adult support.\*
6. Be at ease with the face being washed or splashed.
7. Move smoothly through the water, in an upright position, with full adult support.
8. Travel on the front or back, with full adult support.\*\*
9. Δ Make progress towards holding the side of the pool, with full adult support.\*\*\*
10. Exit the water safely, with full adult support.

\* 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: