





## Pre-School Register Outcomes

### - Discovery Duckling 4

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

1. Enter the water safely from a seated or standing position and return to the wall or pool side, with full adult support.
2. Float on the front using floatation equipment, with full adult support.
3. Reach and grab toys on top of and under the surface of the water.
4. Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and with minimal adult support.
5. Push away from the wall in a streamlined position, with full adult support.\*
6. Be at ease wetting or splashing the face and putting the chin in the water.
7. Travel on the front using floatation equipment, with full adult support.\*\*
8.  $\Delta$  Hold the rail or side of pool and move towards the steps 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.

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

Notes: