

Preschool 1

1. Enter and exit shallow water - assisted
2. Jump into chest deep water - assisted
3. Face in the water
4. Blow bubbles in the water
5. Float on front and back (3 sec. each) - assisted
6. Wearing a lifejacket: safe movement in shallow water
7. Wearing a lifejacket: glide on front and back (3 m each) - assisted
8. Water Smart® messages

Preschool 2

1. Wearing a lifejacket: enter and exit shallow water
2. Jump into chest-deep water
3. Submerge
4. Submerge and exhale (3 times)
5. Wearing a lifejacket or with a buoyant aid: float on front and back (3 sec. each)
6. Wearing a lifejacket: roll laterally front-to-back and back-to-front
7. Wearing a lifejacket or with a buoyant aid: glide on front and back (3 m each)
8. Flutter kick on back with buoyant aid (5 m)
9. Water Smart® messages

Preschool 3

1. Wearing a lifejacket: jump into deep water, return and exit
2. Wearing a lifejacket: sideways entry
3. Hold breath under water (3 sec.)
4. Submerge and exhale (5 times)
5. Recover an object from the bottom in waist-deep water
6. Back float; roll to front; swim 3 m
7. Float on front and back (5 sec. each)
8. Roll laterally front-to-back and back-to-front
9. Glide on front and back (3 m each)
10. Flutter kick on back (5 m)
11. Flutter kick on front (3 m)
12. Water Smart® messages



Preschool 4

1. Jump into deep water, return and exit
2. Sideways entry
3. Wearing a lifejacket: tread water for 10 sec.
4. Open eyes under the water
5. Recover an object from the bottom in chest-deep water
6. Wearing a lifejacket: sideways entry into deep water; tread (15 sec.); swim/kick 5m
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick on front and back (7 m each), & side (5 m)
10. Wearing a lifejacket: front crawl (5 m)
11. Water Smart® messages

Preschool 5

1. Wearing a lifejacket: forward roll entry
2. Tread water (10 sec.)
3. Submerge and hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing lifejacket: sideways entry into deep water; tread 20 sec.; swim/kick 10m
6. Wearing a lifejacket or with a buoyant aid: whip-kick in vertical position (20 sec.)
7. Front crawl 5m
8. Back crawl 5m
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
10. Water Smart® messages

