

Flying Fish

Personal Safety:

- Learn about backyard pool safety,
- Learn about water part safety,
- Float with clothes on 6 minutes,
- Trent water 6 minutes, all 4 kicks,
- Know what to do with boat capsizes,
- Learn about healthy lifestyles,
- Describe four health-related fitness componets

Personal Growth:

- Discuss personal grounds rules for risk,
- Underst, adventure, risk taking, and pers, grnd, rules,
- Set three goals for self- improvements

Stroke Development:

- Crawl stoke 100 yards with bilateral breathing; open turns,
- Breaststroke 100 yards with open turns,
- Elementary backstroke 100 yards, with glide,
- Back crawl 100 yards with open turns,
- Sidestroke 100 yards (alternate sides), regular kick,
- Lifesaving sidestroke 50 yards,
- Butterfly 25 yards with fins and 15 yards without fins

Water Sports and Games:

- Swim underwater 3or 4 body lengths; mod. Breaststroke,
- Do sailboat with variations,
- Ballet let 10 seconds,
- Kip,
- Do stroke variations,
- Create and perform synchro swim routine,
- 3-step appr, front five; 1-meter diving board; tuck & pike,
- Shoot ball into goal,
- Block ball shot into goal,
- Handle ball with stroke; relays,
- Rotary kick in all directions,
- Play wetball in deep water,
- Use snorkel; clear mask and snorkel,
- Free style (flip) turn crawl and back crawl,
- Turnover turn for back crawl

Rescue:

- Practice reaching assists, paddle rescues,
- Throw ring buoy into hoop 7 to 10 times from 15-25 ft,
- Perform rescue breathing on mannequin