

Minnow

Personal Safety:

- Know Diving safety rules,
- Know boating safety tips,
- Resting stroke 3 minute,
- Tread water with effective kick 1 minute,
- Swim across shallow end with clothes one,
- Know about shallow water blackout,
- Know what to do if a boat capsizes

Personal Growth:

- Learn goal setting; achieve one goal,
- Demonstrate core values in class (CRRH)
- Take own heart rate

Stroke Development:

- Frt. Alt pad. 25 yards with fub. Overarm strk, and rot. Breathing,
- Front rudimentary breaststroke 25 yards,
- Rudimentary sidestroke with scissors kick 25 yards,
- Back alternations overarm stroke 25 yards,
- Back sym, rudimentary elem. Backstroke 25 yards

Water Sports and Games:

- Circle kick 1 minute,
- Dolphin and oyster,
- Water wheel each direction,
- Combine synchro swimming skills
- Stride dive (low & high positions), glide, paddle, 15ft
- Stand dive off deck,
- Jump off 1-meter diving board feet first with arm swing,
- Dribble/pass while swimming; shoot ball with one hand,
- Play wetball 5 minute in shallow water

Rescue:

- Know proper technique for throwing assists,
- Know proper technique for reaching assists,
- Learn about conscious obstructed airway maneuver,
- Perform rescue breathing steps on mannequin