

# Pollwog

## **Personal Safety:**

- Knowing pool and class rules,
- Walk away from wall, turn grab wall w/o assistance,
- Front and back float 30 sec. take breath and stand;
- Select-put on and off a PFD;
- Jump w/PFD, paddle front, and back 10yds.;
- Enter and exit a boat with assistance w/PFD

## **Personal Growth:**

- Gain self confidence;
- Interpret Core values,
- Enjoy games

## **Stroke Development:**

- Paddle on front 25 yards with float belt, 20 ft without,
- Paddle on back 25 yards with float belt, 20 ft without,
- Paddle on side 25 yards with float belt, 20 ft without

## **Water Sports and Games:**

- Flat/Stationary scull 1 minute with or without IFD,
- Tub with or without IFD,
- Slide down and climb up pole,
- Dribble ball across pool with or without IFD,
- Pass and catch ball

## **Rescue:**

- Describe two examples of danger,
- Know when to yell for help,
- Know how to ask adult for help,
- Dial emergency number,
- Perform reaching assist