



Aquatic Skills - Stage 1

Name:

Page 1 of 2

1.1 I know when to use a PFD (Personal Floatation Device).

True	False	
		Canoeing
		In the swimming pool if I cannot swim
		In the snow

1.2 I can float for five seconds and glide for five metres on my front and back without assistance.

1.3 I can put my face in the water and blow bubbles

1.4 I understand the importance of the buddy system, and how it works for swimming and water activities.



Aquatic Skills - Stage 1

Page 2 of 2

1.5 I know how to stay safe while playing around water.

True	False	
		Know how deep the water is
		Wear a PFD if I don't know how to swim
		Wander off by myself

1.6 I can get an object off the bottom in chest-deep water.

1.7 I know three different animals that live in the ocean.

1) _____

2) _____

3) _____