Teacher resource
SKILLS TO BE ACHIEVED AT THE POOL

1. Get under water, open eyes and control breathing
   *Students should be able to show water familiarity and a rhythmic breathing pattern*

   **ASSESSMENT CRITERIA**
   - Students are assessed as ‘achieved’ when they are able to perform all skills together.
   - Students are assessed as ‘not yet achieved’ if they are learning individual skills.
   - Students should be able to show water familiarity and a rhythmic breathing pattern. Students should be relaxed.

2. Pick up an object from under the water
   *This builds towards controlling breathing. Students should be relaxed.*

   **ASSESSMENT CRITERIA**
   Skill can be assessed as ‘achieved’ in shallow water. Further extensions of this skill could be requiring an object to be picked up in deeper water or, for skilled/confident students, picking up the lifesaving practice dummy.

3. Dive from a horizontal position in the water and move underwater for a slow count to five
   *The student dives from gliding horizontally on the water to beneath the water—and not from the side of the pool*

   **ASSESSMENT CRITERIA**
   Skill is assessed as ‘achieved’ when full sequence can be performed. This action is not a headfirst dive into the pool.