

Assessment criteria for Ducklings

Duckling 1

1. Make a supervised safe entry with adult support if required
2. Float on back with adult support behind the head without aids
3. Blow bubbles at the water surface
4. Wet the head without submersion
5. Kick 5m on back with adult support
6. Travel without assistance 5m to a floating object
7. Enter the pool, rotate and return to the side with adult support
8. Exit the water safely with minimal adult support

Duckling 2

1. Make a sitting entry with adult support if required
2. Using a buoyancy aid, rotate through 180 degree without assistance
3. Submerge the face with confidence under adult supervision and without force
4. Blow an object for a distance of 2m
5. Travel 3m using arms and/or legs without assistance
6. Move 5m along the rail or wall without assistance
7. Enter the pool, rotate and return to the side with minimal adult support
8. Exit the water safely with minimal adult support

Duckling 3

1. Make a supervised jump to an adult with or without support
2. Float on front or back without adult support
3. Show a streamline shape on front or back when push off from a supporting adult
4. Blow bubbles with the mouth and nose underwater
5. Travel 5m on front to the side of the pool without assistance
6. Kick 5m on the front holding a float (the adult may hold the other end of the float)
7. Enter the pool, rotate and return to the side without adult support
8. Climb out of the water with assistance if required

Duckling 4

1. Jump in unaided but supervised into the water
2. Show a mushroom or star float
3. Rotate 360 degrees either horizontally or vertically
4. Push and glide achieving a streamlined position on the front or back
5. Submerge completely
6. Travel without assistance 10m on the front or back
7. Show the sequence to jump in the water, turn around, swim back to the point of entry and hold on to the side or rail
8. Climb out of the water with assistance if required