

# Goldfish 1

## Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

*S. Cander*

President

### GOLDFISH SERIES GOLDFISH 1

#### LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water, tread water for 5 seconds, swim to poolside
3. Push and glide, and hold the streamlined position for 5 seconds
4. Push and glide to the bottom of the pool to retrieve an object
5. Swim 5 metres on front, roll over and swim 5 metres on back
6. Perform dolphin leg kick on the front or back for 5 metres
7. Scull head first for 2 metres
8. Scull feet first, using a woggle for support
9. Show rhythmical breathing in front crawl for 10 metres, using a woggle
10. Swim a recognisable breaststroke for 5 metres

### Congratulations!

There are 3 awards in the Goldfish Series.

You can now progress to Goldfish 2 Award.



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