

# Goldfish 2

## Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

*D. Cande*

President

### GOLDFISH SERIES GOLDFISH 2

#### LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Perform a back float, tuck to a front float and return to a standing position
3. Scull head first for 5 metres, and feet first for 3 metres
4. Push and glide on the back, tuck, rotate to the front and return to the starting point
5. Swim 10 metres of a recognised front stroke, either front crawl or breaststroke
6. Swim 10 metres of back crawl
7. Swim 5 metres of a recognised front stroke
8. Push and glide to the bottom of the pool, tuck, place feet on the bottom and spring up
9. Perform a mushroom float and hold for 3 seconds, extend to a front float and return to a standing position
10. Enter the water, swim 5 metres on the front, swim to poolside and exit safely

### Congratulations!

There are 3 awards in the Goldfish Series.

You can now progress to Goldfish 3 Award.



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