

Octopus 1

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

J. Cande

President

OCTOPUS SERIES OCTOPUS 1

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Move through the water confidently in different ways
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on the front and back
6. Use a woggle or floats to attempt a simultaneous circle action with legs while on the back for 2 metres
7. Travel under a woggle bridge and through a shower created by a watering can
8. Return to standing from a star float on the back
9. Use a woggle or floats to perform a treading water action with legs
10. Exit the pool safely and unassisted

Congratulations!

There are 3 awards in the Octopus Series.

You can now progress to Octopus 2 Award.



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