

Octopus 3

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

S. Cande

President

OCTOPUS SERIES OCTOPUS 3

LEARNING OUTCOMES

Demonstrate the ability to:

1. Answer 2 water safety questions
2. Enter the water with a step or jump entry, turn around and swim back to poolside
3. Push and glide into either front crawl or breaststroke for 5 metres
4. Push and glide into back crawl and swim for 5 metres
5. Perform a star float on the front or back and hold for 3 seconds
6. Perform dolphin leg kick on the front or back for 2 metres
7. Scull head first using a woggle
8. Attempt breaststroke
9. Tread water for 10 seconds
10. Swim forward for 2 metres, then roll onto back, swim on the back for 2 metres and roll into a standing position

Congratulations!

You have completed the Octopus Series.

You can now progress to the Goldfish Series.



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