



GRACE LEARN-TO-SWIM

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SEAHORSE



- Welcome song
- Kicking in a circle
- Arms in circle
- Bubbles in a circle
- RING A ROSY
- Humpty Dumpty
- Monkeys
- Matwork
- Floating
- Underwater retrieval
- Goodbye song
- Passing from teacher to parent and back

SEAHORSE PROMOTION CRITERIA

At the end of SEAHORSE class the student can:

- ✓ Participate happily in activities
- ✓ Kick legs on tummy and back aided
- ✓ Float on back aided
- ✓ Happily be submerged
- ✓ Monkey along the bar aided
- ✓ Jump off step to parent and submerge, turn around and swim back to step aided.
- ✓ Retrieve submerged object
- ✓ Safe exit

TEACHER ASSESSED