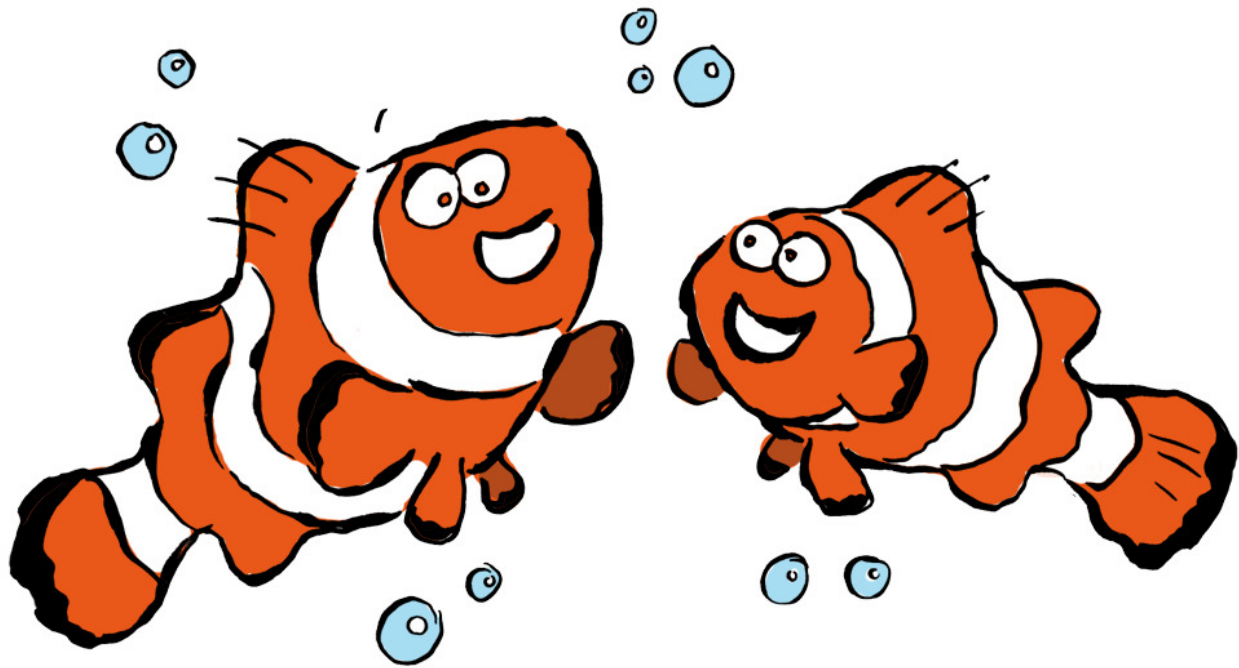


# Congratulations

Your standout achievements this term are:



# Clown Fish

Skills achieved at this level:

- Kick in a streamline position
- Perform freestyle action with five continuous strokes
- Demonstrate freestyle with no goggles
- Kick on back unassisted
- Perform backstroke arm action with a kickboard
- Understand and demonstrate head and arm position when breathing
- Jump in deep end and paddle head above water for 5 metres
- Push and glide on back then rotate onto front
- Retrieve an object from the shallow end of pool
- Perform a crouch dive unassisted
- Demonstrate a straight leg kick that is effective
- Perform basic freestyle arm drills using a kickboard



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