**AQUATICS AND WATER SAFETY PROGRAM (WITHIN THE HEALTH AND PHYSICAL EDUCATION (H&PE) LEARNING AREA**

**Student Name………………………………………………………………………………….**

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| **Evidence contributing to: Entry Level 1 Introduction** (from aquatics activities sequence of learning *Students have considered the following:* |
| ***Use of knowledge and understanding, including general water and environment consideration*** |
| * Identifies or is aware of environmental hazards – wind and water conditions (strength and direction)
 |
| * Identifies or is aware of physical hazards – other water craft, manual handling and lifting
 |
| * Identifies or is aware of biological hazards – dangerous marine creatures
 |
| * Has knowledge of the role and use of personal safety equipment – PFD’s, helmets, wetsuits, sun safe
 |
| * Aware of and understands emergency procedures, signals, boundaries, self rescue
 |
| * Understands the importance of a correct safe entry & exit from equipment
 |
| * Is aware of and uses basic terminology of activity
 |
| ***Self Reliance and Social Skills:*** |
| * Works effectively as an individual or part of a group
 |
| * Appropriate use and care of equipment
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| * Assist with cleaning and packing up of gear
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| ***Performance and Skill Development:*** *In the following activities students experience:* |

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| **Sailing*** Rigging
* Entry/launching
* Crewing
* Controlling a sheet
* Performing a tack
* Sailing upwind
* Steering the boat

 (weather dependent) | **Surfing*** Safely carrying & managing board in surf zone
* Lying on board/correct paddling technique
* Catching a wave & maintaining position
* Attempting to stand & surf
* Demonstrating wipe-outs/crash position/safe dismounts
 | **Snorkelling*** Correct selection & use of equipment
* Appropriate entry/exit of water
* Correct snorkel technique
* Shallow duck dives
* Ear equalisation
 | **Bodyboarding*** Safely carrying & managing board in surf zone
* Lying on board/correct paddling technique
* Catching a wave & maintaining position
* Demonstrating wipe-outs/crash position/safe dismounts
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| **Kayaking*** Correct entry/exit
* Strokes incl. forward/reverse turning/stopping
* Rafting up
* Capsizing
 | **Windsurfing*** Naming parts of windsurfer and understanding terminology
* Standing on board correctly
* Uphauling sail
* Windsurfing/sailing across the wind
* Performing self rescue
* Dismounting safely
 | **Surf Ed*** Lying on board in correct trim
* Use correct paddling technique
* Run/swim/wade/paddle
* Survival floats
* Beach Flags
* Tube/Board rescues
 | **Fishing*** Fishing equipment
* Safety of jetty/rock/beach fishing
* Correctly baiting hooks
* Managing rod/casting safely & correctly
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