**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 |
| * 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 |
| **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 |