



Physical Education



Aquatic Skills Practice

Review each of these skills activities. You will need to practice all the activities over the next few weeks. You can count the time you practice on your weekly Activity Log.

Print off this page to help you keep track of the skills you need to practice. You can print off a new one each week.

Aquatic	SU	M	Tu	W	Th	F	Sa
Enter and Exit Safely (use stairs and rail)							
Submerge Head							
Try to Back Float							
Try to Tread Water							
Kick with Kickboard (or while holding the side of pool)							
Recite at least 2 of the Water Safety Rules							
<i>See below:</i>							

Water Safety Rules

1. Never go near the water without an adult.
2. Always listen to and obey the lifeguard.
3. Never run near a pool. Always walk.
4. Never be in the water if there is a thunderstorm.