

SKILL PROGRESSIONS - STARFISH 4 - DIVERS

SKILL	PROGRESSIONS
SEAT HOLD	SEAT HOLD MOVEMENT IN AND OUT OF THE CIRCLE
	WALKING WITH FRONT HAND AWAY
	ROUND AND ROUND THE GARDEN
BACK SWIMMING	OVER THE SHOULDER PARENT KICKING BABY'S LEGS
	OVER THE SHOULDER ONE VERSE WITH AND ONE WITHOUT MOVING BABY'S LEGS
	REVERSE KICKING WITH BALL
	KICKING FROM SITTING ON THE MAT
	KICKING FROM SITTING ON THE WALL
	TORPEDOES
	MIRROR WORK
HUMPTY DUMPTY	BEND INTO WATER ENTRY - PARENTS HANDS IN WATER TO COLLECT
	INDEPENDENT SPLASH IN
	TOYS TO CHASE ON ENTRY
	ENTER AND HOLD ON
SWIM POSITION	SIDE SWIM
	ACTIVE SWIM
	ARM SUPPORT
	DOLPHIN NOSES WITH BALL
	LITTLE HARBOUR
TIGER ARMS	WITH PARENT SUPPORT
	CHASING TOYS
	CHASING TOYS INTO POUNCE

SKILL	PROGRESSIONS
MOVING ACROSS THE MAT	MAT CRAWL
	MAT CRAWL TO STAND ENTRY
	WALK ACROSS THE MAT
MMM	PARENT SUPPORT KNEE UNDER AND MOVE HANDS
	MMM TO A TOY ON POOLSIDE
WOGGLE SKILLS	HOLDING AND PLAYING WITH WOGGLES
	WOGGLE HORSEY HORSEY
123 SWIMS	TEACHER TO PARENT ON THE SURFACE
	TEACHER TO PARENT LESS SUPPORT
	TEACHER TO PARENT FACE DIP
DIVE	MAT DIVE SUPPORTED
	MAT DIVE INDEPENDENTLY
	DIVE FROM THE WALL SUPPORTED
	DIVE FROM THE WALL INDEPENDENTLY
ENTRY	SIT BABY DOWN AT THE BACK OF MAT
EXIT	SIT BABY DOWN AT THE BACK OF MAT