

SKILL PROGRESSIONS - STARFISH 5 AND 6 - PADDLERS

SKILL	PROGRESSIONS
BACK SWIMMING	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
	TORPEDOES INTO BACK SWIMMING
	MIRROR WORK
HUMPTY DUMPTY	INDEPENDENT SPLASH IN
	TOYS TO CHASE ON ENTRY
	ENTER AND HOLD ON
	WOGGLE ROUND FRONT ENTRY
	ENTER TO WOGGLE IN THE WATER
SWIM POSITION	SIDE SWIM
	ACTIVE SWIM
	ARM SUPPORT
	DOLPHIN NOSES WITH BALL
	LITTLE HARBOUR
MOVING ACROSS THE MAT	MAT CRAWL
	MAT CRAWL TO STAND ENTRY
	WALK ACROSS THE MAT
TIGER ARMS	CHASING TOYS
	CHASING TOYS INTO POUNCE
	SLEEPY TIGERS
	INDEPENDENT ARMS

SKILL	PROGRESSIONS
MMM	PARENT SUPPORT KNEE UNDER AND MOVE HANDS
	MMM TO A TOY ON POOLSIDE
	PARENT REMOVING KNEE SUPPORT
WOGGLE SKILLS	WOGGLE HORSEY HORSEY
	WOGGLE SWIMS PARENT FACING
	WOGGLE ROUND BACK, PARENT FACING
	WOGGLE ROUND BACK PARENT AT THE SIDE
	WOGGLE SWIMS CHASE PARENT OR TOY
	WOGGLE SWIMS ROUND FRONT AND CHASE TOY
	RIDING BICYCLES
123 SWIMS	TEACHER TO PARENT ON THE SURFACE
	TEACHER TO PARENT LESS SUPPORT
	TEACHER TO PARENT FACE DIP
	TEACHER TO PARENT FULL DIP WITH SUPPORT
	TEACHER TO PARENT RELEASE
DIVE	MAT DIVE INDEPENDENTLY
	DIVE FROM THE WALL SUPPORTED
	DIVE FROM THE WALL INDEPENDENTLY
	DIVE FROM THE WALL SUPPORTED WITH TOY ON SURFACE
	DIVE FROM THE WALL INDEPENDENTLY WITH TOY ON SURFACE
	DIVE FROM THE WALL, RESURFACE AND COLLECT TOY FROM JUST UNDER THE SURFACE
ENTRY	SIT OR STAND ON MAT TO WAIT FOR PARENT
	USE STEPS
EXIT	SIT OR STAND ON MAT TO WAIT FOR PARENT
	USE STEPS