

## SKILL PROGRESSIONS - STARFISH 2 AND 3 - SPLASHERS

SKILL	PROGRESSIONS
<b>SEAT HOLD</b>	SEAT HOLD SWISHING
	SEAT HOLD MOVEMENT IN AND OUT OF THE CIRCLE
	SEAT HOLD FRONT HAND AWAY
	WALKING WITH FRONT HAND AWAY
<b>BACK SWIMMING</b>	OVER THE SHOULDER
	OVER THE SHOULDER PARENT KICKING BABY'S LEGS
<b>HUMPTY DUMPTY</b>	BEND INTO WATER ENTRY - SUPPORTED
	BEND INTO WATER ENTRY - PARENTS HANDS IN WATER TO COLLECT
	TOYS TO CHASE ON ENTRY
	ENTER AND HOLD ON
<b>SWIM POSITION</b>	SIDE SWIM
	ACTIVE SWIM
	ARM SUPPORT
<b>BOUNCE BOUNCE</b>	VERTICAL BOUNCING REPLACES SWING DIPS
<b>MAT WORK ON FRONT</b>	MAT TUMMY TIME
	MAT CRAWL
	SEATED DIVE ENTRY
<b>UNDERWATER SWIM</b>	TEACHER TO PARENT WITH RELEASE
	PARENT SIDE SWIM WITH RELEASE
	PARENT SIDE SWIM U/W INTO CHASING TOYS
	PARENT SIDE SWIM U/W INTO HOLDING ON

SKILL	PROGRESSIONS
MMM	PARENT SUPPORT KNEE UNDER AND MOVE HANDS
ENTRY	SIT BABY DOWN AT THE BACK OF MAT
EXIT	SIT BABY DOWN AT THE BACK OF MAT