

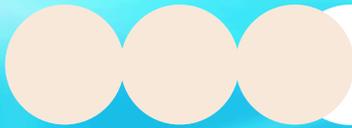


# Pufferfish

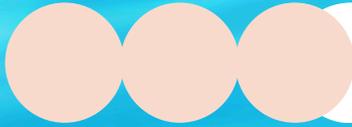
## Skill Linking

COMBINE SKILLS & BEGIN STROKE COORDINATION

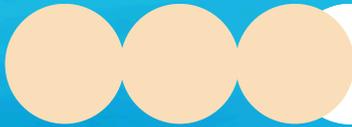
TRIED DID IT! CONFIDENT



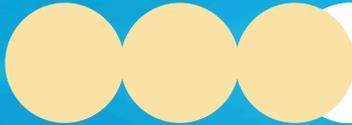
**Blow bubbles while kicking.**



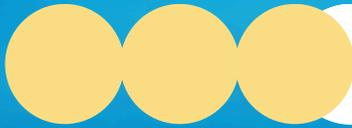
**Controlled breathing during swimming.**



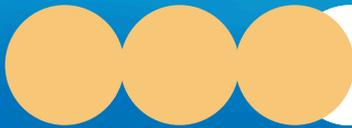
**Swim 7–10 metres front paddle.**



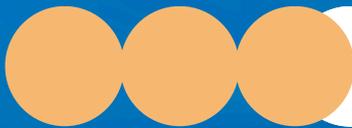
**Kick on back without board.**



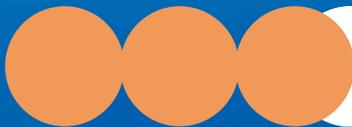
**Push and glide with streamlined body.**



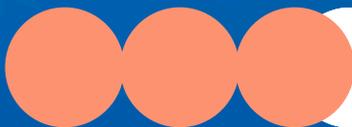
**Combine arm movement with kicking.**



**Practice basic front crawl arms.**



**Jump in, turn and swim to wall.**



**Retrieve object from chest-deep water.**



**Swim underwater through a short obstacle.  
(e.g., hoop or noodle)**



**Turn around mid-swim and return to wall  
independently.**

# Puffe<sup>r</sup>f<sup>i</sup>sh Diploma

I HAVE SHOWN THAT I CAN SWIM WITH CONTROL, GLIDE, FLOAT,  
AND RECOVER SAFELY IN THE WATER.

NAME :

DATE OF BIRTH: \_\_\_\_\_

DIPLOMA RECEIVED ON: \_\_\_\_\_



WELL DONE! NOW ONTO TURTLE AND ALL THE WAY TO DOLPHIN!