

# Going under the water – Submersion

## Teacher resource

### SKILLS TO BE ACHIEVED AT THE POOL

#### 1. Get under water, open eyes and control breathing

*Students should be able to show water familiarity and a rhythmic breathing pattern*

##### ASSESSMENT CRITERIA

- Students are assessed as ‘achieved’ when they are able to perform all skills together.
- Students are assessed as ‘not yet achieved’ if they are learning individual skills.
- Students should be able to show water familiarity and a rhythmic breathing pattern. Students should be relaxed.

#### 2. Pick up an object from under the water

*This builds towards controlling breathing. Students should be relaxed.*

##### ASSESSMENT CRITERIA

Skill can be assessed as ‘achieved’ in shallow water. Further extensions of this skill could be requiring an object to be picked up in deeper water or, for skilled/confident students, picking up the lifesaving practice dummy.

#### 3. Dive from a horizontal position in the water and move underwater for a slow count to five

The student dives from gliding horizontally on the water to beneath the water—and not from the side of the pool

##### ASSESSMENT CRITERIA

Skill is assessed as ‘achieved’ when full sequence can be performed. This action is not a headfirst dive into the pool.

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