

BENCHMARK SKILLS

What two skills can help you get to the side of the pool if you are in trouble and why are each of them important?

Jump, push, turn, grab

This helps you safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out.

Swim, float, swim

This helps you get to the side of the pool if you are not within reach by swimming on your front, rolling to your back to breathe when you get tired, grabbing the wall, and climbing out.

Of all the skills you are learning, what are you really good at? What do you need to improve?