



Junior Preliminary Skills Evaluation

Swim Distance: 25m (any stroke) **Survival Float:** 1 minute

| Topic | Learning Outcomes |
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| <p>Introduction to Surf Life Saving Lesson: Welcome to the family!</p> | <p>Develops and understanding of surf life saving in Australia Identifies the surf club as a welcoming place</p> |
| <p>Personal Safety Lesson: My High Five</p> | <p>Identify people in their own Personal Safety Network that they can ask for help</p> |
| <p>Ecosurf Lesson: Humans on the coast</p> | <p>Identify natural and man made objects in the beach environment Recognise the environmental impact they can have on the beach</p> |
| <p>Physical Health & Wellbeing and Personal Safety Lesson: Drink. Eat. Exercise.</p> | <p>Recognise the importance of Hydration, Nutrition and Exercise as part of their participation in the junior program</p> |
| <p>Surf Conditions and Hazards Lesson: An angry sea</p> | <p>Identify a surging, spilling and plunging wave Recognise the dangers swimmers can be exposed to with a changing tide.</p> |
| <p>Surf Safety Lesson: F.L.A.G.S.</p> | <p>Identify the 5 beach safety tips using the F.L.A.G.S. acronym</p> |
| <p>First Aid Lesson: Getting the right help</p> | <p>Recognise what an emergency situation is Describe when and how to dial '000' if an emergency situation is identified Describe the steps associated with calling '000'</p> |
| <p>Signs and Signals Lesson: Signs of the times</p> | <p>Identify different safety signs on their beach and their meaning Understand the three different sign shapes and colours</p> |
| <p>Board: Paddling Technique Lesson: All a-board</p> | <p>Attempt or perform positioning on a nipper board Attempt or perform paddling on a nipper board</p> |
| <p>Swim: Body Surfing Lesson: Stiff as a board</p> | <p>Attempt or perform body surfing on a wave</p> |
| <p>Beach Sprint: Technique Lesson: In a rush</p> | <p>Attempt or perform basic running technique on sand</p> |
| <p>Flags: Diving for Baton Lesson: Diving for the precious</p> | <p>Attempt or perform diving for a beach flag</p> |